

Texas Health and Human Services

# No-Cost Virtual Support Groups for Frontline Workers in Texas

Frontline workers are experiencing an unprecedented amount of stress due to the COVID-19 pandemic.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

***Reach out to our COVID-19 Mental Health Support Line to speak to a caring responder 24/7.***

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

If you identify yourself as a frontline worker, you can be referred to a virtual support group designed specifically for frontline workers. The virtual groups are facilitated by experienced mental health professionals from The Harris Center for Mental Health and IDD.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Call the COVID-19 Mental Health Support Line for more information: **833-986-1919** or text COVID to **832-479-2135.****

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



**TEXAS**  
Health and Human  
Services