

**Call 911 if you are in an emergency situation, or feel you are going to harm yourself or others.**

[Crisis Text Line](#)

Text HOME to 741741

[National Suicide Prevention Hotline](#), call or chat

(800) 273-TALK (8255)

[NAMI](#) (National Alliance on Mental Health)

(800) 950-6264

Text NAMI to 741741

[National Domestic Violence Hotline](#)

(800) 799-7233

Text LOVEIS to 22522

[SAMHSA](#) (Substance Abuse and Mental Health Services Administration)

(800) 662-HELP (4357)

[National Resource Center on Domestic Violence](#)

(800) 799-SAFE (7233)

@nrcdv

[RAINN](#)

National Sexual Assault Hotline & Chat

(800) 656-HOPE (4673)

@RAINN

[Denton County Friends of the Family](#)

(940) 382-7273

@dcfof

[Hope's Door New Beginning](#) – Plano, TX

(972) 276-0057

@HDNBC

[Genesis Women's Shelter & Support](#) – Dallas TX

(214) 946-4357

@genesiswomensshelter