

Mental Health Resources



Emergency Resources

Suicide and Crisis Lifeline	988	988lifeline.org/ chat	TEXT 988
Crisis Text Line	crisistextline.org	TEXT "CONNECT" to 741741	
Betty Hardwick Crisis & Mobile	1-800-758-3344	hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/mobile-crisis-outreach-teams	
Texas HHSC	211	211texas.org	

Local Resources

Oceans Behavioral Health	325-691-0030	oceanshealthcare.com/ ohc-location/abilene	abileneinfo@oceanshealthcare.com
Betty Hardwick	325-690-5100	bettyhardwick.org	
River Crest Hospital (San Angelo)	325-949-5722	rivercresthospital.com	
New Horizons Counseling	325-437-1852	Crisis Line 24/7 877-261-3777	newhorizonsinc.com/ familyyouthcounseling
ACU Counseling	325-674-2625	acu.edu/medical-and-counseling-care/counseling-center	counseling@acu.edu
Texas Family Institute	325-676-8963	texasfamilyinstitute.org	stephanie@texasfamilyinstitute.org
Highland Counseling	325-201-3030	highlandchurch.org/counseling	counselingcenter@highlandchurch.org
Abilene Family Counseling	325-232-3626	abilenefamilycounseling.com	LMFTPowell@gmail.com
Ministry of Counseling	325-672-9999	ministryofcounseling.com	info@ministrycounseling.com
Mental Health Abilene of America	325-673-2300	abilenemha.org mhanational.org	info@abilenemha.org
Heroes Helpline	833-367-4689	Peer referral program for first responders and health workers in Texas	



Veteran Resources

Veterans Crisis Line	Call 988, Press 1	veteranscrisisline.net/get-help-now/chat	TEXT 838255
Abilene VA Clinic	325-694-3252	https://www.va.gov/west-texas-health-care/locations/abilene-v-a-clinic/	
Tragedy Assistance Program for Survivors	1-800-959-8277	taps.org	
Texas Military Veteran Peer Coordination	325-670-4818	bettyhardwick.org/veterans-services	amckee@bettyhardwick.org
VA Suicide Prevention Coordinator	veteranscrisisline.net/find-resources/local-resources		

LGBTQ+ Resources

The Trevor Project	866-488-7386	thetrevorproject.org	TEXT "START" to 678-678
The Opal Center (Wichita Falls)	940-247-4344	theopalcenter.org	theopalcenterwf@gmail.com
Trans Lifeline	877-565-8860	translifeline.org	
Thrive Lifeline	thrivelifeline.org		TEXT "THRIVE" to 1-313-662-8209
Folx Health	folxhealth.com		TEXT "FOLX" to 741741 for Hotline
Plume Health	getplume.co		

Other Resources

Serenity Foundation	325-673-6489	serenitytexas.com	megm1@serenitytexas.com
Abilene Recovery Council	325-673-2242	abirecovery.org	info@abirecovery.org
Mental Health America Abilene	325-673-2300	abilenemha.org	info@abilenemha.org
SAMHSA	1-800-662-4357	samhsa.gov/suicide	TEXT 5-digit ZIP Code to 435748
Texas Opioid Training Initiative	https://txoti.org		