



PARENTS: YOUR MENTAL HEALTH MATTERS

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The **Disaster Distress Helpline** is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is available 24/7, 365 days a year. Call **1-800-985-5900** or text **TalkWithUs** to **66746**

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The **Texas Psychological Association Pro Bono Project: COVID-19** supports the psychological well-being and mental health needs of individuals seeking help during the pandemic. You may receive up to two hours of free mental health services provided by TPA pro bono service providers. Email **probono@texaspsyc.org** for more information

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