

Trauma Resources

- PTSD hotlines: <http://ptsdusa.org/get-help/hotline-crisis-numbers/>
- SAMSHA Trauma Informed Care and Alternatives to Seclusion and Restraint:
<http://www.samhsa.gov/nctic/trauma-interventions>
 - SAMSHA Suicide Prevention 24/7 hotline: 1-800-273-TALK (8255)
 - SAMSHA National Helpline for MH/SA treatment referral: 1-800-662-HELP (4357)
 - SAMSHA Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746 (provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters)
- If you are faced with a medical emergency, please dial 9-1-1.
- If you are contemplating suicide, please call
 - 1-800-273-TALK (8255) or TTY 1-800-799-4TTY (4889)
 - Red Nacional de Prevencion del Suicidio 1-888-628-9454

Employee Assistance Program (EAP) Resources for Health and Human Services System (HHSC) Employees

The Deer Oaks EAP assists with issues of depression or anxiety stemming from work, family, legal, financial, or health related problems. EAP benefits include free and confidential assessment visits, crisis intervention, and short-term counseling visits, among others, for HHS employees and their family members. EAP participation is completely confidential.

- Telephone access 24 hours a day, seven days a week, 365 days a year:
- Main number / 24-hour, toll-free help line — 800-327-2400 (866-EAP-2400)
- Teen hotline — 800-396-2467
- Relay Texas (TTY/TTD access) — 800-735-2989
- Web access @ www.txhhsseap.com