

## LCISD HOPE Line 832-223-4673 24/7 Crisis Line

### Resources for students throughout the year:

**H.O.P.E. Line:** 832-223-4673 (HOPE)

Students who need emotional support outside of school can call this number to speak with an outside counselor 24/7. This is free, confidential, and anonymous.

**Speak Up:** Link to online form under Students/Parents Tab

Students can submit an anonymous report online for bullying and any other safety concerns via this form. While we always encourage students to approach an adult on campus for this, this does provide an anonymous option for students who would not otherwise say something.

**[Additional Resources and Information](#) (Click here to go to the Parent and Students Page for Bullying, School Safety, and Crisis Resources)**

Mental Health America Finding Help - <https://mhanational.org/finding-help>

National Crisis Text Line - <https://www.crisistextline.org/>

National Alliance On Mental Illness - <https://www.nami.org/Home>

Substance Abuse and Mental Health Services - <https://www.samhsa.gov/>

7 Cups Emotional Support - <https://www.7cups.com/>

Houston Galveston Institute ( HGI) - <http://www.talkhgi.org/> Main line: 713-526-8390

Backup: 346-291-0969

Catholic Charities - <https://catholiccharities.org/coronavirus/>

Texana - <https://www.texanacenter.com/> Offering services over the phone:

- Sugar Land Office: 281-276-4400
- Rosenberg Office: 281-342-6384

Individuals can also call the Crisis Helpline at 1-800-633-5686

### 211 Texas/United Way HELPLINE

Texas/United Way HELPLINE is available 24/7 to connect individuals with local community resources such as financial assistance for utilities or rent and food pantries, housing assistance, crisis counseling, utility payment assistance, and senior services. Texans can dial 211 or (877) 541-7905 and select option 6 to get information and referrals to COVID-19 social services, including testing, community clinics, unemployment benefits and more. Families can call 211 HELPLINE for an up-to-date listing or visit the website at [www.211texas.org](http://www.211texas.org)

Fort Bend County Women's Shelter - 281-342-4357

### Veterans Crisis Hotline

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Call 1-800-273- 8255, text 838255, or visit [online](#). Support for the deaf or hard of hearing call 1-800-799- 4889.

### The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488- 7386, text START to 678678, or visit [online](#).

There is one mental health app directory users can consult to find a mental health app, namely [PsyberGuide](#) in partnership with Anxiety and Depression Association of America. PsyberGuide includes ratings based on “credibility, user experience and expert review,” and a [credibility score](#) that “represents the strength of the scientific research support for the app itself, and the therapeutic interventions the app provides.”

A few anxiety and stress apps with a credibility score of four out of five or higher include [This Way Up](#), [Brain HQ](#), [Headspace](#), [Woebot](#), [CogniFit](#), [Calm](#), [Mood Mission](#) and [Sanvello](#). [PTSD Coach](#) from the U.S. Department of Veterans Affairs also has [good](#) quality evidence to support its effectiveness.

According to Dr. John Torous, who leads the APA’s workgroup on the evaluation of smartphone apps, the [top 7](#) evidence-based mental health apps are: [IntelliCare](#), [Breathe2Relax](#), [CBT-i Coach](#), [Stop, Breathe & Think](#), [DBSA Wellness Tracker](#), [Virtual Hope Box](#), and [Medisafe](#). Five well known teletherapy apps that offer connections to a licensed therapist are [AbleTo](#), [Betterhelp](#), [Online-Therapy](#), [Talkspace](#) and [7-Cups](#).

\*Resources are either free or work on a sliding scale and do not turn down people based on ability to pay