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DATE: SUBJECT:	May 9, 2024      Additional Severe Weather and Disaster Guidance	-
CATEGORY: NEXT STEPS:	Grants and Student Supports Share with appropriate staff	-

The purpose of this letter is to provide additional resources and

Texas Health & Human Services Commission:

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- for local social services and disaster-related information, such as extreme weather shelters, crisis counseling, and food, rent and utility payment assistance.
- Mental health crisis resources are available 24/7 from your Local Behavioral Health Authority (LBHA) or Local Mental Health Authority (LMHA):

## mental health crisis services.

- The 988 Suicide Prevention and Lifeline is a service that provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
  - to reach a crisis counselor by phone.
  - A chat function is also available for connection to emotional support 365/24/7: 988 Chat.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) provides a toll-free Disaster Distress Helpline at and get immediate counseling 24/7.
  - This free, confidential, and multilingual crisis support service is also available via SMS (
    ). Users will be connected to trained professionals from crisis counseling centers. Helpline staff provide confidential counseling, referrals, and other support services.

For other general weather-related questions, please email <u>schoolsafety@tea.texas.gov</u>.