A warmline is a supplement to a crisis line. The NAMI Greater Houston warmline is run by peers and family members who have their own journeys with mental health conditions and emotional distress. Our warmline operators candidly acknowledge and speak of their own experiences, when appropriate, and are trained to provide confidential, supportive guidance in a sincere, uncritical, non-judgmental manner.

**THERE IS HELP AVAILABLE at all points on the spectrum of mental health**

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>EMERGING UNWELLNESS</th>
<th>UNWELL</th>
<th>IN CRISIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your loved one is in</td>
<td>Your loved one is in distress but shows the ability to join you in discovering a</td>
<td>You, or a loved one, is experiencing a drastic decline in the ability</td>
<td>You, or a loved one, is in danger. Without outside intervention, life is</td>
</tr>
<tr>
<td>distress but shows</td>
<td>solution. As a caregiver, you carry a lot of worry about them and hope to be a</td>
<td>to function. You need support to prevent further decline or to prevent</td>
<td>at risk.</td>
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<tr>
<td>the ability to join</td>
<td>pathfinder.</td>
<td>life threatening behavior.</td>
<td></td>
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<tr>
<td>you in discovering a</td>
<td></td>
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<tr>
<td>solution.</td>
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</tbody>
</table>

Please note: Individual experiences and episodes do not always neatly fit into one classification

- My son won’t eat
- My wife won’t get out of bed
- I’m a teenager and I caught my mom hiding under the bed crying inconsolably
- My family fearfully walks on eggshells around my sister
- My parents are shocked after I shoved my mom into a corner in explosive anger
- My best friend is cutting herself and I’m scared
- I called my wife to say I’m suicidal right now
- My boyfriend is shaking & yelling because of delusions; a large crowd is gathering and he doesn’t understand what security is screaming

**CALL**

**NAMI Greater Houston SEA Center Warmline:**
(713) 970-4483
A warmline for real-time emotional support and resources staffed by peers.

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A warmline for real-time emotional support and resources staffed by peers.

**The Harris Center for Mental Health & IDD**
(713) 970-7000, Option 1
Ask for CIRT to respond. The Crisis Intervention Response Team operates 24 hours a day.

Continued on back...
EMERGING UNWELLNESS

The Harris Center for Mental Health & IDD COVID-19 Support Line: (833) 986-1919
Texas Youth Helpline: (855) 311-1790
Dia De La Mujer Latina: (713) 277-5444
National Association of Black Counselors: (833) 228-6222
The Council on Recovery: (713) 942-4100
Melanin and Mental Health melaninandmentalhealth.com/
Open Path Collective openpathcollective.org/
The COVID Free Virtual Therapy Campaign by Taraji P. Henson https://borishensonfoundation.org/covid-19-free-virtual-therapy-support-campaign/

UNWELL

The Harris Center for Mental Health & IDD Crisis Line: (713) 970-7000, Option 1 MCOT (Mobile Crisis Outreach Team) may be able to visit your loved one and you in your community or home.
National Suicide Prevention Lifeline: (800) 273-8255
Crisis Text Line: Text NAMI to 741-741

PSYCHIATRIC HOSPITALS

For a full listing, please contact us at (713) 970-4483
Most psychiatric hospitals offer 24/7 risk assessment

Not insured? Go to:
Harris County Psychiatric Center (HCPC): (713) 741-5000
2800 S. MacGregor Way
Houston, TX 77021
https://hcpc.uth.edu/

IN CRISIS

Dial 911
Make sure to tell the operator that you are experiencing a mental health crisis.

MENTAL HEALTH WARRANTS AND INVOLUNTARY HOSPITALIZATIONS

Harris County Mental Health Division: (713) 741-6024
2800 S. MacGregor Way
Houston, TX 77004
https://hcpc.uth.edu/pages/access/court-ordered-involuntary-services.htm

WHO TO CALL AND WHERE TO GO FOR HELP

"SEA" stands for Support, Education, and Advocacy and is the framework in which NAMI Greater Houston hopes to partner with individuals and families impacted by mental health conditions while they heal.

Rather email? seacenter@namigreaterhouston.org

NAMI SEA Center Warline | 713-970-4483 | Monday–Friday | 9am–5pm | www.namigreaterhouston.org