

TEEN SUICIDE PREVENTION

IF YOU ARE STRUGGLING RIGHT NOW, IF LIFE FEELS LIKE IT'S TOO MUCH, IF YOU FEEL LIKE YOU'RE DROWNING AND YOU CAN'T BREATHE AND YOU ARE NEVER GOING TO FEEL BETTER — REACH OUT. THOSE FEELINGS WON'T LAST FOREVER. YOU CAN, AND WILL, GET THROUGH IT.

WEBSITES:

[HTTP://WWW.SUICIDPREVENTIONLIFE](http://www.suicidpreventionline.org)

[LINE.ORG](http://www.suicidpreventionline.org)

[HTTP://WWW.SPTSUSA.ORG/TEENS/](http://www.sptsusa.org/teens/)

[HTTP://WWW.TREVORPROJECT.ORG/](http://www.trevorproject.org/)

(LGBTQ)

[HTTP://WWW.ITGETSBETTER.ORG/](http://www.itgetsbetter.org/)

(LGBT)

BLESSINGMANIFESTING

TEXT MESSAGE:

CRISIS TEXTLINE:

TEXT "GO" TO 741741

TEXT "TEEN" TO 839863 BETWEEN
6PM-9PM PST

TREVOR LIFELINE (LGBTQ)

TEXT "TREVOR" TO 1-202-304-
1200. THURS - FRI BETWEEN 3PM -
9PM EST

HOTLINES:

NATIONAL SUICIDE PREVENTION:

1-800-273-TALK (8255)

NATIONAL SUICIDE HOTLINE:

1-800-SUICIDE (784-2433)

TEEN LINE:

310-855-4673 6PM TO 10PM PST.

TREVOR LIFELINE (LGBTQ)

866-488-7386

LGBT HOTLINE:

1-800-246-7743

MON-FRI 1PM TO 9PM PST.

SATURDAY 9AM TO 2PM PST.

Local Counseling Services

Big Sky Counseling

2910 Kemp Blvd #206 • Wichita Falls, TX 76308 • 940-687-1919

www.bigskycounselingwf.com

Rose Street

Several offices available

To make an appointment, Call 940-723-4488 or 940-322-9456

<http://www.rosestreet.org/>

Scarlet Letter Ministries – Free Faith-based counseling services

921 7th St. • Wichita Falls, TX • 940-720-0511

<http://www.scarlet-letter.org/>

Wichita Falls Counseling

2306 Kirk Drive, Suite B • Wichita Falls, TX • 940-228-1424

<http://wichitafallscounseling.com/>

MSU Psychology Clinic

Clinic director - Kelly Meyering • Appointments 940-397-4791

psychology.clinic@mwsu.edu

Wichita Falls Community Counseling Center

3100 10th St Wichita Falls, TX 76309 • Monday - Thursday evenings • (940) 757-0598

wfcommunitycounseling.org/

Taft Counseling Center

4722 Taft Blvd, suite 2 • Wichita Falls, TX 76308 • (940) 691-1899

<http://taftcounseling.com/>

Helen Farabee

1000 Brook • Wichita Falls, TX 76301 • 940-397-3300

940-397-3100 • 940-720-3555 Children's services number

Crisis Intervention Services available 24 hours a day • Call toll-free 1-800-621-8504

<http://www.helenfarabee.org/>

Christ's Home Place Ministries

1420 Twin Oaks St • Wichita Falls TX 76302 • (940) 696-0181

client-services@chpm-inc.org

Presbyterian Children's Homes and Services

Magan Mangold – Child and Family Specialist

2201 Speedway Avenue • Wichita Falls, Texas 76308 • 940-687-1493

Email: wichitafalls@pchas.org

www.pchas.org

STARRY Wichita Falls

1417 9th Street • Wichita Falls, TX 76301 • (940) 386-9546

Crisis Hotline: (844) 299-2034

www.starryonline.org

Helpful Services:

Grace Ministries – 940-569-3388

Wichita Falls Food Bank – 940-766-4429

Jubilee Center – 940-569-7344

WIC State Agency – 1-800-942-3678

Wichita Falls Community Health Care Center – 940-766-6306

Wichita County Health Department – 940-761-7800

2-1-1 (A free and confidential service that helps people find local resources they need. 24/7 help!) 940-761-3802 to speak to a local call specialist, or go to www.211.org

Pregnancy Help Center – 940-322-4883

Teen Shelter – 940-322-7671

Children's Home – 940-720-0060

First Step Family Store – 940-723-7799

Patsy's House – 940-322-8890

Christian Women's Job Corp – 940-687-0601

Texas Employment Commission (NT Workforce Development) – 940-767-0217

State Department of Assistive & Rehabilitative Service (DARS) – 940-689-2740