



Need to Talk?



In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential



877-565-8800



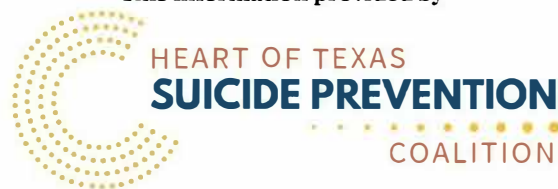
833.897.2474
call or text



Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

This information provided by



Envisioning a future where safe spaces for grief are abundant, educational opportunities are robust, community collaborations thrive, and authentic relationships guide our approach, creating a world where no one faces the pain of suicide alone.

Do you want to talk in person?



Waco-McLennan Mental
Health Provider Directory

If you or someone you love is
in need of immediate
in-person help ...



ICare

is the Crisis Hotline for the
Behavioral Health Network. You
will find a helpful person to talk
to and one of the Mobil Crisis
Outreach Team (MCOT) may
even come and talk with you if
needed to assist you.

1-866-752-3451

The BHN Care Clinic

(Diversion Center, formerly the CTC)
is open 24 hours a day to provide
support for those in crisis.

BHN Care Clinic
6500 Imperial Drive
Waco, TX 76710
254-867-6550



Look for the large BHN
on the building

Have you lost someone to suicide?

You don't have to face it alone.

Need some help?



Helpful
information
for an adult



Informacion util
para un adulto



Helpful if you
are helping
children cope



Find a support
group online

Losing a loved one to suicide is difficult and can come with a lot of complicated emotions. There is support available to help survivors of suicide loss like you, your friends and family cope with the loss.

Help Guide



**988 Lifeline
Loss Survivors**

Losing a loved one to suicide is difficult and can come with a lot of complicated emotions. There is support available to help survivors of suicide loss like you, your friends and family cope with the loss.

An Australian website with helpful support packs of information on subjects like trouble sleeping, grief and depression, managing social stigma, Preparing children for the funeral. There are also links for employees and employers when there is a workplace suicide.

**STANDBY
SUPPORT**



**AMERICAN
FOUNDATION
FOR SUICIDE
PREVENTION**

Find guidance, support groups, a digital Memory Quilt, a booklet for teen and children dealing with suicide loss and ways to get involved when your ready to help others.

Multiple handouts on different aspects of grief including guilt, anger, journaling, holidays, healing, youth, and Stress reduction.

**FRIENDS FOR
SURVIVAL**



**THE CENTER FOR
PROLONGED
GRIEF**

Guides, Information, Assessments and resources for those who are facing extended or multiple losses. Click on the dropdown entitled "For Grievers"

Information and resources not just for veterans, but also for individuals who have lost someone, employers who are coping with suicide in the workplace, and mental health providers who coping with loss through suicide as well.

**VA - UNITING FOR
SUICIDE
POSTVENTION**



**HEART OF TEXAS
COUNSELING
CENTER**

Provides short term, outpatient, adult counseling. Income based sliding scale, Insurance accepted but not required; Medicaid and Medicare welcomed.