

Important Numbers

State and National Numbers

NATIONAL EMERGENCY LINE

911

CALL AND/OR TEXT

(TEXTING NOT AVAILABLE IN ALL AREAS)

When to call: only for emergency! A medical problem, (chest pain, seizure, bleeding, etc), fire, anything life threatening (fights, person with a weapon, etc)

NATIONAL SUICIDE HOTLINE

988

CALL AND/OR TEXT

www.988lifeline.org
24/7 free confidential support for you or your loved one who is in distress, needing prevention or crisis resources

POISON CONTROL

CALL 1-800-222-1222

TEXT POISON TO 202-677-7600

www.webpoisoncontrol.org

Use for basic poison and prevention info as well as identifying pills.

Download the POISON CONTROL app!

HUMAN TRAFFICKING HOTLINE

888-373-7888

TEXT 233733

humantraffickinghotline.org
anonymous phone call or text providing resources for you or someone you know who is in danger of being trafficked or coerced

THE TREVOR PROJECT

CALL 1-866-488-7386

TEXT START TO 678-678

www.thetrevorproject.org

Information and support to LGBTQ+ young people
24/7, all year round

NON-EMERGENCY LINE

311

Use this number to report pot holes, graffiti, stray animals, abandoned vehicle, noise complaints, etc

YOUR TEXAS BENEFITS

211

yourtexasbenefits.com and www.211.org

applications and resources for Medicaid, TANF, SNAP, WIC, mental health, food, assistance with paying bills

Download the YOURTEXASBENEFITS app to keep up with your resources and information



Important Numbers

My Local and Personal Numbers

FOOD BANK

LOCAL: _____

NATIONAL HUNGER LINE 1-866-3-HUNGRY

www.hungerfreeamerica.org

resources to find food, information about
SNAP and EBT

LOCAL ELECTRIC COMPANY

LOCAL WATER COMPANY

OTHER
#S

My Health Info

HEALTH INSURANCE

Name _____

Phone # _____

PHARMACY

Name _____

Phone # _____



MY PCP (PRIMARY CARE PROVIDER)

Name _____

Phone # _____

OTHER PROVIDER NUMBERS

Name _____

Phone # _____

my
notes!

