

———— MAY ————

IS

MENTAL HEALTH

AWARENESS MONTH



**MENTAL HEALTH IN A
CHANGING WORLD**



Office of
Care and Civility

1 in 5

HSC students have been diagnosed with **depression** at some point in their lives

1 in 4

HSC students have been diagnosed with **anxiety** at some point in their lives

Everyone faces challenges, and our HSC students are no exception.

This May, join us in **advocating** to improve mental health for everyone, **building** our personalized coping toolboxes, and **learning** to cope in a stressful, changing world.

Scan to take a **mental health** screening



Office of
Care and Civility

MENTAL HEALTH RESOURCES

My Health My Resources of Tarrant County

- Contact ICARE Call Center:
(817) 335 - 3022 or
(800) 866 - 2465 toll-free
- Access to Care Clinic:
3800 Hulen St., Suite 150,
Fort Worth, TX 76107
- Scan for their website



Care Team at HSC

- Contact Care Team 24/7 at (817)
735 - 2740 or email them at
careteam@unthsc.edu
- Schedule an appointment
through Symplicity



Mental Health America of Tarrant County

- Take a free and confidential
mental health screening
- Connect with their **LOSS**
team at **(682) 263-LOSS** to
receive postvention suicidal
support and resources for
bereaved loved ones



988 Suicide and Crisis Lifeline

- Call or text 988
- Scan to see the Crisis
Centers located in Texas
and other states

