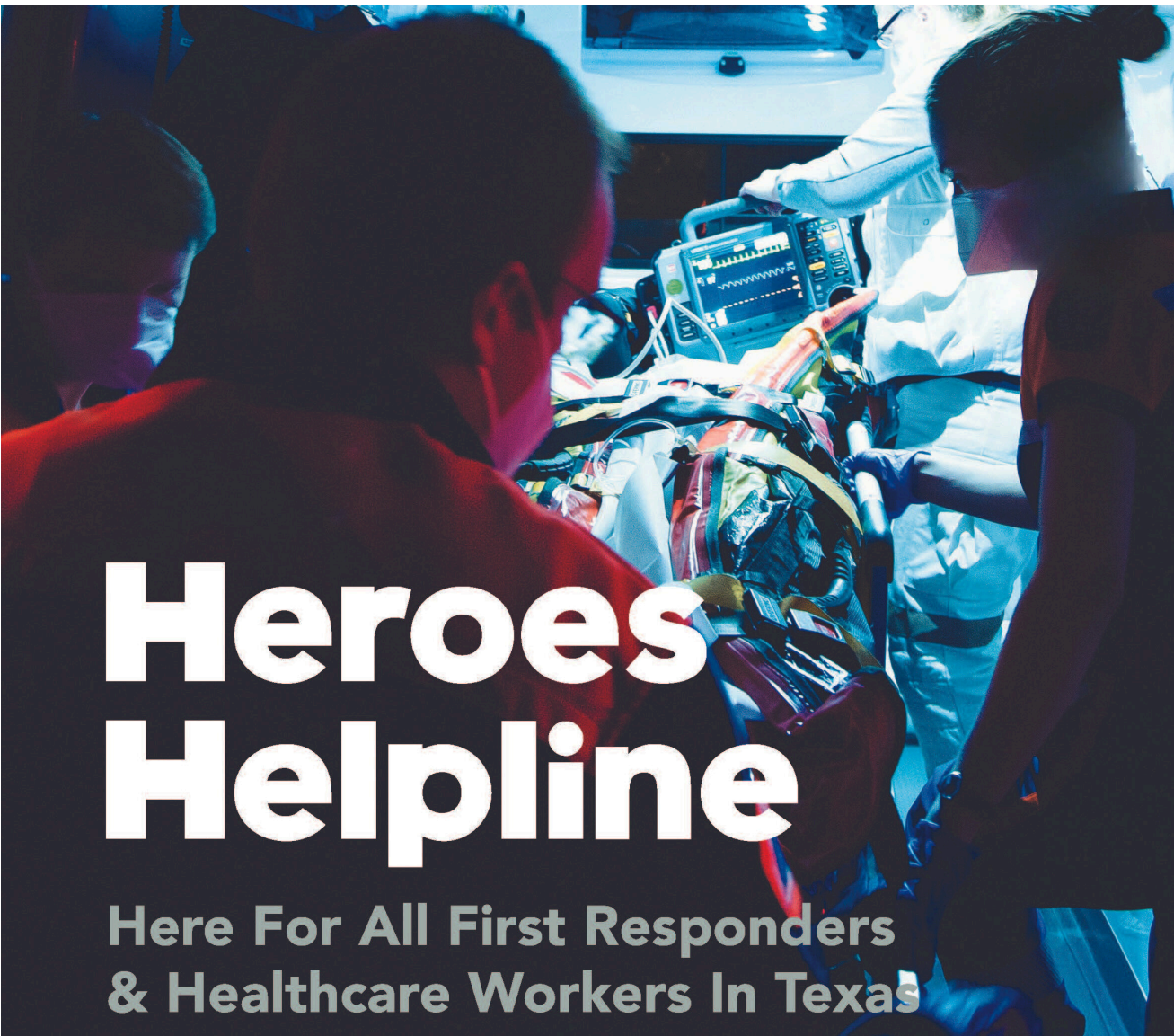




Heroes Helpline

**Here For All First Responders
& Healthcare Workers In Texas**

**Are you struggling with anxiety,
depression, or increased use of
drugs or alcohol?**

We offer behavioral health support exclusively for first responders & healthcare workers in Texas. Call us for free and confidential telephone based peer support, treatment navigation, and referral services.

Confidentiality is our priority.

833-367-4689


UTHealth Houston
Center for Behavioral Emergency &
Addiction Research



**TEXAS TARGETED
Opioid Response**

What is Heroes Helpline?

We offer behavioral health support exclusively for first responders & healthcare workers in Texas.

Confidentiality is our priority.

Calls are never recorded. Any information you share is protected. Providing name and telephone number is optional and for referral and follow-up purposes only.

Navigation and Referral Services across Texas.

Personalized referrals to a network of behavioral health resources that meet your needs and desires.

Telephonic Peer Support.

24/7 Free peer support for all behavioral health and substance use concerns, for all first responders and their families.

Funding.

Supported by Texas Targeted Opioid Response, a public health initiative operated by the Texas Health and Human Services Commission through federal funding from the Substance Abuse and Mental Health Services Administration grant award number H79TI085747.

Reporting.

We report the number of calls we receive, and the nature of those calls. No personally identifying information is ever shared with external agencies.