



Impaired Driving and Mental Health

Crisis Units Information

Crisis lines can be used by anyone. These lines and services are meant to be used by individuals who are at risk of suicide, harm to self and others.

National Suicide Prevention Lifeline:

Call or text 9-8-8,

Chat [988lifeline.org](https://www.988lifeline.org)

- 24/7, free, and confidential support for anyone in distress or in crisis.

Veterans Crisis Line:

**1-800-273-TALK (8255) and press 1;
or text 838255**

- 24/7 confidential crisis support for veterans and their loved ones
- You do not have to be enrolled in VA benefits or health care to reach out

Crisis Text Line:

Text the word 'Home' to 741-741

- This will connect you with a live and trained Crisis Counselor for free 24/7 support

Texas MHMR Crisis List

- The Texas Health and Human Services department lists each Local Mental Health Authority (LMHA) in the state along with their crisis number and the counties they each serve.
- Crisis services are available 24/7

Texas Youth Helpline

Call or text 1-800-989-6884,

Chat on website

- Free 24/7, confidential services to youth and families in crisis who need help with finding a counselor, safe shelter, legal information, other local referral information, or simply someone to talk with
- Phone, text, or chat services are available

Here for Texas

Call 972-525-8181, Chat on website

- “Connecting Texans to information and resources for mental health and addiction”
- By getting in touch with someone on a crisis line, a trained crisis counselor can assess the caller’s level of danger to self or others – this determines whether immediate on-the-scene help is needed. Counselors can assist in deescalating a crisis on the phone as well.
- Mobile Crisis Units respond on-site (within 1-2 hours) to mental health emergencies and are available 24/7. Face-to-face crisis assessments, crisis intervention services, crisis follow-ups and relapse prevention services are offered.



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Mental Health and Substance Use Disorder Treatment Locators

The resources below are treatment and services locators to be shared with the public.

Texas Health and Human Services

Find mental health and substance use resources through Tx HHS; these include the following, and more:

Adult Mental Health	Case Management, Assertive Community Treatment (ACT), Counseling, Medication Training and Support, Psychosocial Rehabilitative Services, and more.
Adult Substance Use	Services include: Withdrawal management services, intensive and supportive residential treatment, outpatient treatment, medication assisted treatment, co-occurring psychiatric and substance use disorders treatment services, and more.
Crisis Services	LMHA contact info, including their crisis numbers and the counties they serve. Crisis services are available 24/7.
Find Services	Find the closest LMHA and LBHA to individuals needing services. Find their address, main phone and crisis numbers, website information, and the counties they serve.



United Way

By contacting 2-2-1, you can quickly receive up-to-date local information and referrals. This resource is available 24/7, and helps anyone navigate the many available resources, programs, and agencies that might make seeking help a challenge.

American Psychological Association–Psychologist Locator

Find reputable psychologists by entering applicable address information. Find the right psychologist for you.

American Psychiatric Association–Psychiatrist Locator

Psychiatrists specialize in the diagnosing, treatment, and prevention of mental illness and substance use disorders. By using this tool, you can find a psychiatrist by entering applicable location information. You may also search by other criteria as well (gender, accepts private insurance, has telehealth services, etc.)

Mental Health TX

Find help for yourself, or for someone else suffering from a substance use or mental health condition.

Mental Health America – Finding Therapy

Find the right therapy option for individuals based on this article.



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Finding Affordable and Alternative Mental Health Services

The resources below can aid in locating more cost-effective and alternative mental health services that may be shared with the public.

Open Path Psychotherapy Collective

Non-profit organization enabling therapists to provide online and in-office psychotherapy sessions. Search for your therapist by zip code, register and pay a one-time, lifetime membership fee of \$65, and engage with your therapist for between \$40-\$70 per session (\$30 for student interns).

CBT4CBT™ – Computer Based Training for Cognitive Behavioral Therapy

This tool helps individuals gain control over their alcohol and drug use by gaining cognitive and behavioral skills. CBT4BT has been tested and validated for substance use disorders, and is a self-guided web-based program using movies and engaging exercises as 7 lessons (~30 minutes each) are taught.

The University of Texas Permian Basin Counseling Services

Confidential counseling & psychological services available to members of the community for a modest charge, 24/7/365. Individual, group, and couple/family sessions are offered.

University of Texas Rio Grande Valley Counseling Services

Free counseling services to the RGV community and beyond. Counselors offering services are students in the UTRGV master's degree counseling program



Texas Mental Health Services Guide from Open Therapy

This guide serves as a tool for helping people locate publicly-funded mental health services. Information regarding when and how an individual should seek a state mental health program, eligibility requirements for public mental health services in Texas, the types of community mental health programs, and how Texas' Public Mental Health System works is explained.

The University of Texas Medical Branch

At UTMB, a variety of mental health services are offered, including: Adult Behavioral and Mental Health, Women's Behavioral and Mental Health, Child and Adolescent Developmental, Behavioral, and Mental Health, and Traumatic Stress Care.

BetterHelp

Known as the world's largest therapy service that is 100% online, BetterHelp has a vast network of licensed, accredited, and experienced therapists. Get matched with a therapist who fits your needs and preferences, and communicate with them how you prefer to (calls, text, video, chat) anytime, and anywhere.

7 Cups (Peer to Peer Mental Health Support)

Counselors and listeners are standing by for those needing emotional support. Explore self help guides, enter free & anonymous 24/7 support chat rooms, and schedule confidential online therapy and counseling sessions with licensed therapists for \$150/month. Here, you are heard and cared for.



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ADDITIONAL RESOURCES TO SHARE WITH PUBLIC

Health Resources & Services Administration – Telehealth

Learn about what telehealth is and what you can expect by participating in a virtual visit. Find tips on how to prepare for a telehealth appointment, as well as how to find which telehealth care option works best for you.

National Alliance on Mental Illness (NAMI) – Texas

With nearly 2,000 members made up of individuals living with mental illness, family members, friends, and professionals, NAMI – Texas helps to improve the lives of people affected by mental illness through education, support, and advocacy. They host training and educational opportunities as well as provide a wealth of information on where to go if someone is looking for mental health resources.

Mental Health America of Texas

Mental Health America of Texas is an advocacy and education organization with local affiliates throughout the state. They also list mental health facts, information on public policy, share publications, and more.

Addiction Resource

AddictionResource.net helps individuals find the right top-rated drug and alcohol rehabilitation center for those struggling with an addiction to drugs and alcohol. You can find information on what an alcoholic is along with the stages of alcoholism. They also provide information on a variety of drug addictions, treatment programs, and more.

MHA: COVID-19 Screening Tool – Take a Mental Health Test

Take one or more of the available online screening options to quickly determine if someone may be experiencing symptoms of a mental health condition, as many are common and treatable. A few of the screening options include depression, anxiety, psychosis, PTSD, and bipolar disorder. After the screening, a list of resources, tools, and information is provided to the individual.

Resources for Mental Health and COVID-19

The Hogg Foundation for Mental Health carefully select general mental health and COVID-19 resources to provide to individuals seeking help. They also break down resources for older adults, caregivers, and immediate response options.

National Institute of Mental Health – Mental Health Information

View and order brochures and fact sheets related to mental health in English or in Spanish. Browse these resources by topics, including Anxiety Disorders, Psychosis, Depression, Treatments, PTSD, and more.





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SELF-HELP TOOLS AND RESOURCES



Peer-Led Options and Community Support:

Supportiv

An anonymous, peer-to-peer support network with 24/7 chat available – match up with someone to talk to in less than a minute.

Seeking Safety

A peer-to-peer group where anyone can discuss issues related to addiction and trauma. Anyone can get trained and facilitate one of these groups.

Self Recovery (Addiction Treatment)

Private, online, research-based, and on-demand addiction recovery program that can be used as an alternative to Alcoholics Anonymous (AA) programs.

CDC Check your Drinking Tool

Make a plan to drink less and make healthier choices by checking your drinking habits with this 5-10 minutes alcohol screening tool.

Texas Suicide Prevention Collaborative

Find resources (in English and Spanish) about suicide and suicide prevention. Specific topics include Veterans and the Military, People with Physical Health problems &/or Disabilities, Youth and Young Adults, LBGTQ+, Hispanic and Latinos, Black and African Americans, Tribal Communities, Substance Use Disorders and Addictions, and more.

Project Semicolon

Connect with a community offering support and guidance to prevent suicides and help individuals experiencing mental health conditions. Join the movement, start a chapter, join a community discussion board or support group, and self-evaluate your mental health through a quick assessment.

Trauma-Focused CBT Web

The Medical University of South Carolina offers a \$35 course for Trauma-Focused Cognitive Behavioral Therapy. It is a self-paced, online course for mental health professionals learning CBT with a focus on trauma.

HelpGuide.org

HelpGuide.org is a great tool for anyone wanting to know general information on mental health topics.

Wrong Side of the Road – Responsibility.org

This interactive initiative allows individuals to see and feel the impact behind real-life stories from real people who share their DUI experiences.



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General Impaired Driving Facts

LIFETIME ODDS OF DEATH FOR

Motor-Vehicle Crash:

1 in **93** 

Accidental Opioid Overdose:

1 in **58** 

National Security Council

A person commits an offense if the person is **intoxicated while operating a motor vehicle in a public space.**

Texas Penal Code Sec. 49.04

“Intoxicated” means:

Not having the normal use of mental or physical faculties by reason of the introduction of alcohol, a controlled substance, a drug, a dangerous drug, a combination of two or more of those substances, or any other substance into the body; or having an **alcohol concentration of 0.08 or more.**

Texas Penal Code Sec. 49.01(2)

DUI DOESN'T JUST MEAN BOOZE CAMPAIGN:

*“...driving under the influence of drugs is a crime – **even if your impairment is due to prescribed medications, illicit drugs, over-the-counter medications or marijuana** – medical or recreational.”*

California Office of Traffic Safety

TEEN DUI STATISTICS AND OTHER IMPAIRED DRIVING STATISTICS

- **30%** of motor-vehicle crash fatalities in 2020 were alcohol-impaired driving fatalities
 - **(14% increase** from 2019-2020)
- Nationally, **17%** of high school students in 2019 reported they **rode with a driver who had been consuming alcohol** at least one time during the last month.

Children’s Hospital of Philadelphia Research Institute:
Impaired Driving

From 2012-2021,

>37% (13,536)

of traffic fatalities in Texas involved impaired driving.

National use of Cannabinoids among fatally injured drivers

more than doubled

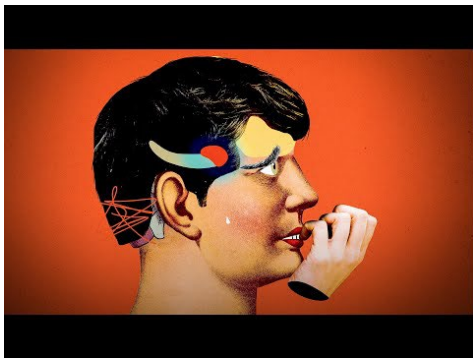
from 2007 (8%) - 2016 (18%)



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MENTAL HEALTH-RELATED VIDEOS AND CHANNELS

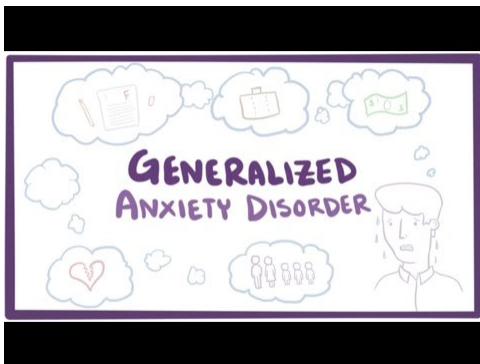
Anxiety



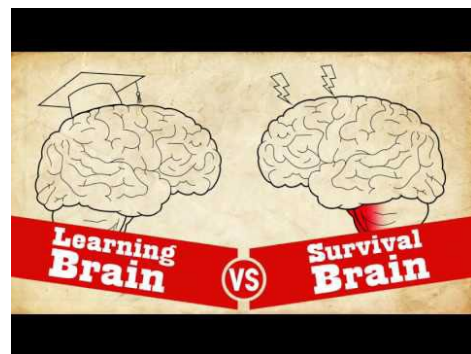
Trauma



Generalized Anxiety Disorder (GAD)



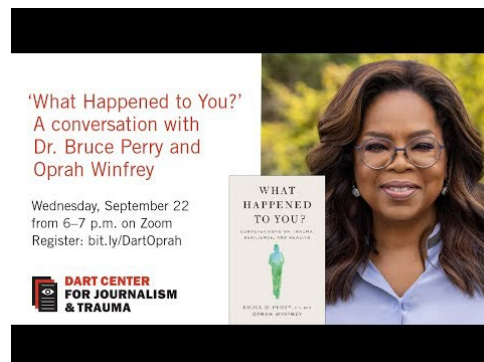
Learning Brain vs Survival Brain



Panic Attack



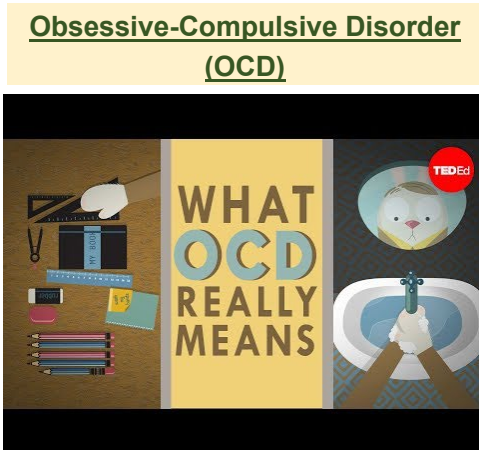
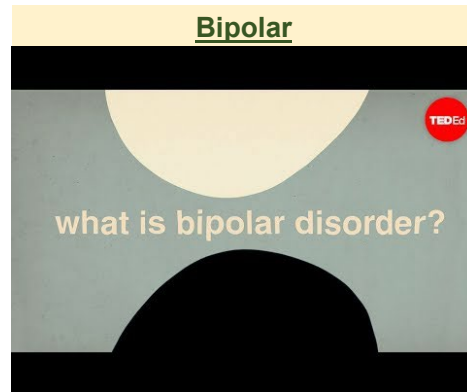
What Happened to You





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MENTAL HEALTH-RELATED VIDEOS AND CHANNELS, CONTINUED



MENTAL HEALTH EDUCATION CHANNELS

- [MedCircle](#)
- [Dr. Tracey Marks](#)
- [Kati Morton](#)
- [Doc Snipes](#)
- [Doctor Ali Mattu](#)
- [Therapy in a Nutshell](#)





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Training opportunities to gain knowledge and certifications in helpful intervention modalities

Mental Health First Aid

The National Council for Wellbeing sponsors the Mental Health First Aid (MHFA) course. The course focuses on assisting someone experiencing a mental health or substance use-related crisis. Topics such as risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help are discussed in training. Anyone can get certified in MHFA!

Peer Support Certification

Peer support certification is a type of therapeutic support that one who has been successful in the recovery process can go through to help others experiencing similar situations. Having a lived experience with a mental health or substance use disorder issue gives the peer support worker an understanding of what it is like to be in the recovery process. The peer support professional is not a clinical form of support. Still, it is a community-based solution to expand recovery services and provide connection to those struggling with a mental illness or addiction problem. Refer to the list of organizations offering this type of training below.

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) Peer Support Information](#)
- [Certification for Peer Support as a Medicaid Benefit](#)
- [Mental Health America \(MHA\)](#)

Suicide Prevention with QPR

With three steps, anyone can learn to help prevent suicide. Question, Persuade. Refer. Participate in online or in-person training, download free resources. Trainings may be completed by individuals or by organizations.

What Exactly Is Behavioral Health?

Learn the differences between Mental and Behavioral Health, how Cognitive Behavioral Therapy (CBT) can aid in positively changing a person's life, and what the impact of behavioral health has on a person's physical health. Examples of what optimal behavior habits look like are provided and include: Nutritional health, staying active, sleep hygiene, building a strong support system, implementing mindfulness, utilizing creative expression outlets to help in regulating emotions, practicing self-compassion, and limiting and avoiding mood-altering substances.

Public Safety and Behavioral Health Problem - Responsibility.org, Wrong Side of the Road

This initiative allows real people to share their impaired driving stories and the impact it had on them, their families, and their communities by allowing people "interview" them.



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Additional opportunities to gain knowledge in helpful intervention modalities

Mental Health 101

Read through popular articles on commonly asked mental health-related questions. Learn what mental health is, how to live with mental health concerns, what treatment and recovery can look like with therapy and medications. Review self-help tools, how health insurance works, what to do if you don't like your therapist, how to help a loved one through a mental health concern, and more.



Screening Test

Quickly assess whether or not you may be experiencing symptoms of a mental health condition by conducting this mental health test. Available mental health tests include: Depression, Postpartum Depression, Anxiety, ADHD, Bipolar, Psychosis & Schizophrenia, PTSD, and Addiction. Additional tests for parents regarding their children's mental health, youth, and a self-injury survey can also be found here.



How do you treat mental illness?

Discover what works best for you. Finding the right balance of lifestyle changes, therapy, medication, and support can help in treating mental illnesses.



Affording Therapy

If the cost of therapy sessions are in the way of you reaching out to services, there are alternatives and more cost-friendly options that exist! This article lists many of these options.



DIY Tools

Improve your own mental health by utilizing apps, worksheets, and more which can be found on this page.