



Mental HEALTH

1 IN 5 U.S. ADULTS



Experience A Mental Illness

The City of El Paso Department Of Public Health encourages individuals to take care of their mental health.

There are ways to take action to support yourself and those around you.

Only 1 in 10 Latinos/Hispanics approach a mental health professional



Mental Health Resources:

For local mental health resources call: (915) 212-6680
Emergency Health Network Crisis Hotline: (915) 779-1800
Find help with mental health resources by calling: "2-1-1"
National Suicide Prevention Hotline: 1-800-273-8255 or "9-8-8"

Common mental health warning signs/symptoms needing attention include:

- Feeling sad or withdrawn for more than two weeks
- Trying to harm or end ones life or making plans to do so
- Severe risk taking behavior
- Sudden overwhelming fear or worries that get in the way of daily activities
- Significant weight loss or weight gain
- Seeing, hearing or believing things that are not real
- Excessive alcohol use
- Drastic mood swings
- Extreme difficulty concentrating or staying still

5115 El Paso Dr. Suite A, El Paso, Texas, 79905
For Assistance or More Information call (915) 212-6680
or visit epstrong.org under Mental Health Resources

