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FREE HELP NEAR YOU

West Texas & Panhandle · Lubbock, Amarillo, Midland, Odessa, Abilene & San Angelo

Lubbock · Plainview · Amarillo · Canyon · Pampa · Midland · Odessa · Big Spring · Abilene · San Angelo · Snyder · Wichita Falls

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 2-1-1 Texas · dial 2-1-1

Food, Bills & Emergencies

City of Lubbock Community Development
Lubbock County · utility help
806-775-2309

Panhandle Community Services
Amarillo · 26 Panhandle counties
806-372-2531

West Texas Opportunities
Lamesa · Midland, Ector & Permian Basin
806-872-8354

Rolling Plains Management Corp.
Taylor, Wichita & nearby
940-684-1571

Concho Valley Community Action
San Angelo
325-653-2411

Veterans

Amarillo VA Health Care System
Amarillo & Lubbock · VA health care
806-355-9703

West Texas VA (Big Spring)
Midland-Odessa area · VA health care
432-263-7361

Safety From Abuse (24 hours)

Women's Protective Services of Lubbock
Lubbock · 24 hours
806-747-6491

Family Support Services of Amarillo
Amarillo · 24 hours
806-374-5433

Safe Place of the Permian Basin
Midland · 24 hours
432-570-1465

The Crisis Center
Odessa · 24 hours
1-800-627-4747

Noah Project
Abilene · 24 hours
1-800-444-3551

ICD Bridges
San Angelo · 24 hours
1-800-749-8631

First Step
Wichita Falls · 24 hours
1-800-658-2683

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Lubbock Police non-emergency
806-775-2865

Amarillo Police
806-378-3038

Atmos Energy · gas leak
1-866-322-8667

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929