



# Behavioral Health Resources



**TMD Counseling Line: 512-782-5069**

**Military Crisis Line/Suicide Lifeline (24/7): 988**

**Community Resources Hotline (24/7): 211**

**TF Eagle BH Duty Phone: 512-542-4638**

**TF East BH Duty Phone: 512-634-6517**

**TF West BH Duty Phone: 512-634-6614**

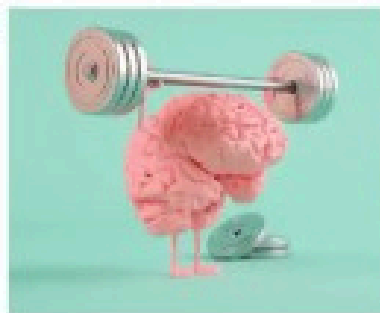


# Upcoming Behavioral Health Classes

Join us for sessions to boost your well-being!



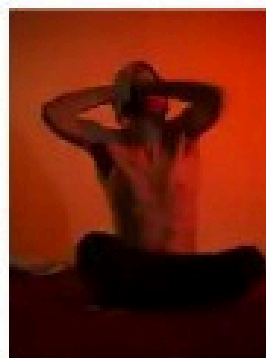
Join Stress Management classes on Feb 27 & 28, 1300-1400 at MWR to learn techniques for coping with stress.



Participating in these classes not only provides valuable insights but also promotes social interaction. Engage with others who share your interests and goals for a healthier mindset.



Join us on March 3rd for a Communication Improvement class from 900 AM and a Healthy Thinking session at 1500 PM. Improve your interpersonal skills and positive thinking.



Don't miss out on these opportunities to improve your mental health! Mark your calendars and make your well-being a priority by attending these sessions.

<https://signal.group/#CjQKINjnM92ndT9e8-JQkvJXYJaLqsdqTycbqSsbcSog4k6TEhAv1AS3SzbJcCTXqSEMivl5>

