Crisis Resources:

Midland and Odessa
Shooting Aftermath

The tragic incident of mass violence in the Midland-Odessa area will impact the whole community. It is common for those involved to experience emotional distress. Survivors, family members, friends, first responders, recovery workers and community members are at risk of emotional distress.

Where Can I Get Help?

PermiaCare Crisis Hotline
844-420-3964

PermiaCare, formerly known as Permian Basin Community Centers in Odessa, serves Brewster, Culberson, Ector, Hudspeth, Jeff Davis, Midland, Pecos and Presidio counties.

Disaster Distress Helpline
800-985-5990

- **Deaf/Hard of Hearing** – Text TalkWithUs to 66746 or TTY 800-846-8517
- **Spanish Speakers** – Call 800-985-5990 and press "2" or text "Hablanos" to 66746

National Suicide Prevention Lifeline:

800-273-8255, in Spanish 888-628-9454

Online Mental Health, Disaster and Violence Resources

MentalHealthTX.org
offers general information about mental health signs, symptoms and interventions, Texas mental health resources and emergency contact information.

Coping with Grief After Community Violence
introduces some of the signs of grief and anger after a community violence incident, provides useful information about to how to cope with grief, and offers tips for helping children deal with grief.

Incidents of Mass Violence
provides a list of signs of emotional distress signs related to incidents of mass violence, details of lockdown notices and other warnings, and additional coping resources.

The Impact of Disaster and Mass Violence Events on Mental Health
provides common reactions disaster survivors may experience.

TEXAS
Health and Human Services