

Mental Health Counseling & Support

About This Resource

Living with liver disease can take a toll on emotional health. Depression, anxiety, and stress are common — whether related to the condition itself, transplant recovery, or life changes that come with chronic illness. These trusted programs and organizations connect patients and families to counseling, peer support, and crisis services, helping individuals manage emotional symptoms, build resilience, and feel less alone.

Local & National Support Services

- **Texas Liver Care – Behavioral Health Referral Coordination**

Referrals to local counseling, therapy, and support groups for patients coping with chronic illness, anxiety, depression, or post-transplant adjustment.

☎ (682) 427-0200 | 🌐 [TexasLiverCare.org](https://www.TexasLiverCare.org) | Fort Worth & Dallas

- **NAMI North Texas (National Alliance on Mental Illness)**

Free peer support groups and education for individuals and families affected by mental illness.

☎ Helpline: (214) 341-7133 🌐 [naminorthtexas.org](https://www.naminorthtexas.org)

- **MHMR of Tarrant County (Mental Health America & Behavioral Health Services)**

Community mental health system with outpatient counseling, psychiatry, and 24/7 crisis response.

☎ Crisis Line: (800) 866-2465 | 🌐 [mhmrarrant.org](https://www.mhmrtarrant.org)

- **Metrocare Services – Dallas County Behavioral Health**

Dallas County's public mental-health provider offering counseling, psychiatry, and 24/7 crisis intervention, with specialized programs for chronic illness, substance use, and family support.

☎ Crisis Line: (214) 743-1215 | 🌐 [metrocareservices.org](https://www.metrocareservices.org)

- **Suicide & Crisis Lifeline**

☎ Dial 988 (nationwide)

- **American Liver Foundation – Emotional Support**

Peer-to-peer support community and online forums for people living with liver disease.

🌐 [liverfoundation.org](https://www.liverfoundation.org)

TLC Tips – Caring for Your Mind & Liver

- Ask early for help — emotional support is part of complete liver care.
- Keep a regular sleep schedule and practice calming routines before bed.
- Stay connected — join a support group or talk regularly with family and friends.
- Balance your routine with healthy meals, gentle movement, and relaxation breaks.

For Support & Questions

Texas Liver Care | (682) 427-0200 | [TexasLiverCare.org](https://www.TexasLiverCare.org) | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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- If you ever feel hopeless or unsafe, call 988 or go to the nearest emergency department.

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