

Texas Hope's Lantern Counseling & Therapy Services, PLLC

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If you think you have a medical emergency, call your doctor or 911 immediately. No action or inaction should be taken based solely on the contents of this information. Nor should you ever delay seeking medical advice or treatment due to the information on this Website.

Seek immediate help from a mental health professional, medical professional, or a crisis clinic:

- if you have suicidal thoughts or thoughts about harming other people
- if you cannot care for yourself
- if you are abusing drugs, alcohol, or other harmful substances.

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