

Self-Care Tips

- ✚ Be aware of your emotions and when you need a break.
- ✚ Be mindful of physical exhaustion.
- ✚ Eat healthy, drink plenty of water and do something positive to burn off frustrations.
- ✚ Avoid negative media bombardment; try to keep a positive attitude.
- ✚ Get adequate sleep to recharge your inner batteries.

Relaxation Techniques

- ✓ Take several deep, controlled breaths.
- ✓ Meditate to soothing music or video.
- ✓ Create something artistic.
- ✓ Keep a journal of thoughts and emotions, including points of gratitude.
- ✓ Pray & talk to loved ones frequently.
- ✓ Sing or dance to uplifting music.
- ✓ Go on a nature walk, actively aware of the sounds and smells of nature.
- ✓ Visualize your “happy place” and go there mentally.
- ✓ Take a virtual vacation online. There are many available!

HOTLINES

- **Tri-County 24-Hour Crisis Line:**
1-800-659-6994
Veterans Hotline 936-446-9195
- **National Suicide Prevention Lifeline:**
English: 1-800-273-TALK (8255)
Spanish: 1-888-628-9454
Deaf: 800-799-4TTY
Text “START” to 741741
- **National AIDS Hotline:**
English: 1-800-342-2437
Spanish: 1-800-344-7432
Deaf: 800-243-7889
- **Gay & Lesbian National Hotline:**
1-888-843-4564
- **Domestic and Sexual Abuse Hotline**
1-800-256-0551 (Domestic violence)
1-800-256-0661 (Rape Crisis)
1-800-799-7233 National Hotline
- **Covenant House NineLine (Youth Crisis Services): Bilingual**
1-800-999-9999
- **Crisis Intervention of Houston:**
1-832-416-1177
Teens 1-832-416-1199
- **RAINN (Rape, Abuse & Incest National Network):** 1-800-656-4673
- **SAMHSA (Substance Abuse & Mental Health Services Admin):**
1-800-662-4357
- **National Human Trafficking Hotline:**
1-888-373-7888
Text “BeFree” to 233733
- **National Runaway Safeline:**
1-800-786-2929
- **2-1-1 Local Disaster Assistance**
- **9-1-1 Local Fire, Police & EMS**



CRISIS COUNSELING ASSISTANCE
AND TRAINING PROGRAM

COVID-19 OUTREACH PROGRAM 936-521-6331



If you or your family have been affected by the COVID-19 pandemic, we are here to help. Have you suffered any of the following?

- Personal or financial losses
- Emotional trauma or distress
- Mental Health issues
- Physical abuse
- Increased substance or alcohol use
- Unemployment
- Legal issues
- Heightened anger or frustration
- Social withdrawal
- Or just feel the need for support and local assistance?

Texans Recovering Together have trained professionals available to assist you in the recovery process. Contact us today!

OUR GOAL

The purpose of the Texans Recovering Together program is to assist those who have been affected by COVID-19 through education, outreach, resiliency and recovery efforts, referrals and supportive counseling.



ARE YOU EXPERIENCING ANY OF THE FOLLOWING?

Physical/Medical

Headaches
Stomach problems
Problems eating or sleeping
Worsening health conditions

Behavior

Isolating and withdrawing from others
Increased conflicts
Easily startled or angered
Tearfulness or prolonged sadness
Avoiding people and places of social gathering
Increased alcohol or drug use
Reluctant to leave home
Feeling exhausted

Feelings

Angry or irritable	Decreased interest in activities
Depressed	Easily upset
Anxious or fearful	Increased Stress
Hopelessness/Despair	

Thoughts

Unable to cope with death/injury of a loved one
Distressing dreams/nightmares
Disturbing thoughts/images
Difficulty concentrating
Difficulty remembering things
Suicidal thoughts/feelings

As fellow Texans, we care about our neighbors. We are Texas friendly!

WHAT WE DO

- **Social Service referrals** (alternative housing, financial assistance, utility assistance, etc)
- **Charitable Donation referrals** (food banks, resale stores, etc)
- **Transportation referrals**
- **Job Assistance referrals**
- **Legal Assistance referrals**
- **Medical Care referrals**
- **Mental Health/Substance Abuse referrals**
- **Individual Crisis Counseling**
- **Group counseling**
- **Educational Presentations**

SERVICES ARE AVAILABLE AT:

- Homes
- Schools
- Social Service Agencies
- Community Centers
- Tri County Offices
- Any Convenient Location

Or through non-contact methods of telephone, e-mail and digital materials.

FREE RELIEF IS ONE CALL AWAY. CALL US TODAY!