

# What We Do

- Provide crisis counseling in home or public settings
- Lend a listening ear
- Provide practical stress management education
- Provide referrals to available recovery resources such as:
  - Social Services
  - Job Assistance
  - Legal assistance
  - Medical care
  - Mental health/substance abuse
- Peer Support Gatherings & Activities
- Educational Presentations

## FREE Services Provided at:

- Homes
- Schools
- Social Service Agencies
- Community Centers
- Any Convenient Location

# Our goal

The purpose of the Texans Recovering Together program is to assist those who have been affected by Hurricane Harvey through education, recovery efforts, supportive outreach, and referrals.

If you or your family has been affected by Hurricane Harvey, we are here to help. If you have experienced the destructive winds, witnessed the rising water in your home or apartment, or just feel the need to talk to someone for support and help in finding local assistance, Texans Recovering Together has trained community liaisons to assist you in the recovery process. We are here to listen. If you or someone you know could benefit from the support of the Texans Recovering Together program:

To find a local partner providing crisis counseling services in your area.

Visit <https://hhs.texas.gov/disaster-assistance>

In the Coastal Bend area (Calhoun, Colorado, Dewitt, Goliad, Jackson, Karnes, Lavaca, Matagorda, Refugio, Victoria, Wharton) contact:

Education Service Center, Region 3  
1905 Leary Lane  
Victoria, Texas 77901  
**361-573-0731**

## Key Principles

**Strengths-based** – We Promote resilience, empowerment, and recovery.

**Anonymous** – We do not diagnose people; no records or case files kept.

**Outreach-oriented** - We connect service to communities

**Conducted in non-traditional settings-** We make contact in the homes and out in the community, not in an office setting.

**Designed to strengthen existing community support systems**

–Texans Recovering Together supplements, but does not replace, existing community systems

## What can I do to help people experiencing stress and other physical and emotional effects of Hurricane Harvey?

Help them find resources and people who can provide or refer them to the help they need.

Encourage them to get help, listen to them, remind them they aren't alone and encourage healthy stress management and coping skills.

People experience events like Hurricane Harvey differently, but a disaster touches everyone who witnesses it. Stress and other physical and emotional effects are common and expected for people of all ages.

## What are the signs to look for in adults?

- Eating or sleeping too much or too little
- Pulling away from people or interests
- Low or no energy
- Feelings of helplessness or hopelessness
- Increased drinking, smoking or drug use
- Worrying
- Feeling guilty without knowing

If you or someone you know is experiencing an emotional distress or substance use crisis:

- Call **Texana Center Mental Health Crisis Hotline** at **800-633-5686**
- Call the **SAMHSA Disaster Distress Helpline** at **800-985-5990** 24-hours-a-day (for Spanish, press 2) or **text TalkWithUs** to **66746** for support and counseling.
- For veterans, call **the Veterans Crisis Line** at **800-273-8255** 24-hours-a-day and press 1, or send a **text message** to **838255**.
- **Dial 2-1-1** to be connected to a mental health or substance use service provider in your area and for other disaster-related information and resources.

**National Suicide Prevention Lifeline**  
English: **1-800-273-TALK(8255)**  
Spanish: **1-888-628-9454**

**Safe Alternatives** (self-injury)  
**1-800-DON'T-CUT (366-8388)**

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# TEXANS



Crisis  
Counseling  
Program

## RECOVERING TOGETHER

# Hurricane Harvey Outreach Program 361-573-0731

*"Neighbors Empowering Neighbors"*

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