

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.

HI HOWDY
hello

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 Crossroads 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 why
- Thinking of hurting yourself or others
- Difficulty adjusting to home or work life
- Thoughts/feelings of self-harm or suicide

What are the signs to look for in a child or teen?

- Withdrawing from playgroups or friends
- Competing for attention
- Not wanting to leave home
- Lack of focus at school
- More aggression
- More conflicts with peers or parents
- Difficulty concentrating
- Thoughts/feelings of self-harm or suicide

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

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)

Call Gulf Bend Center Crisis Hotline:

1-800-723-3422

Region 3 Counties: Calhoun, DeWitt, Goliad, Jackson, Refugio, Lavaca and Victoria

Call Texana Center Crisis Hotline:

1-800-633-5686

Region 3 Counties: Colorado, Matagorda, and Wharton

Call Camino Real Community Services

Crisis Hotline: 1-800-543-5750

Region 3 County: Karnes

Contents of this article are solely the responsibility of the authors and do not reflect the opinions, official policy or position of the U.S. Department of the Health and Human Services, the Substance Abuse and Mental Health Services Administration or Centers, the Federal Emergency Management Agency, or the Texas Health & Human Services Commissions

TEXANS



Crisis
Counseling
Program

RECOVERING TOGETHER

Hurricane Harvey Outreach Program 361-573-0731

"Neighbors Empowering Neighbors"

A federal grant program administered by the Texas Health and Human Services Commission (HHSC) in collaboration with local providers.

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Region 3**

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