

Feeling overwhelmed by COVID-19?

#TexansRecoveringTogether is here to help!

It is:

- **Free**
- **Anonymous**
- **Confidential**

Are you interested in talking with someone? We're here with accessible, caring & responsive support to help you cope during the Coronavirus disaster.

We offer:

- Individual & group crisis counseling
- Supportive & educational contact
- Community networking & support
- Assessments, referrals & resources

We provide:

- Information
- Education
- Links to resources
- Emotional support

We're here for you:

- By phone
- By video conference
- Anyplace allowed by local and state laws



Contact Us!

We're here at: (254) 297-7017

Immediate assistance toll-free: (866)
752-3451

We are here for YOU.