

Tips to Reduce Stress



- Focus on what you can control, including your thoughts and behaviors.
- Remember that you are resilient, and so is humankind. We will get through this.
- Limit exposure to news or social media updates.
- Maintain a healthy diet and exercise routine.
- Do what you can to reduce your risk by taking comfort that you are caring for yourself and others.
- Be gentle with yourself and others.
- Create a regular routine, especially for children, and work from home if you are able to.
- Model peaceful behavior for those around you. Remember, everyone experiences stress in different ways.
- Use technology to connect with others frequently.



Resources

COVID-19 Mental Health Support Line

833-986-1919

Local Disaster Assistance

2-1-1

Disaster Distress Helpline

800-985-5990

Heroes Helpline

833-367-4689

Centers for Disease Control

800-232-4636

National Suicide Prevention Lifeline

English: 800-273-8255
Spanish: 888-628-9454
Deaf: 800-799-4TTY

Crisis Text Line

Text "START" to 741741

Domestic and Sexual Abuse Hotlines

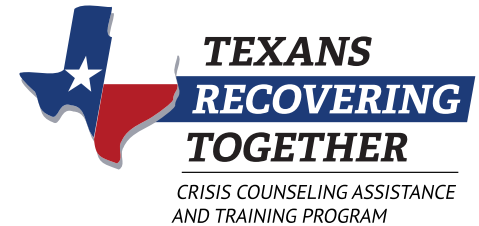
Domestic violence: 800-256-0551
Rape Crisis: 800-256-0661
National Hotline: 800-799-7233
National Hotline TTY: 800-787-3224

Veterans Crisis Line

800-273-8255, press 1

Local Fire, Police & EMS

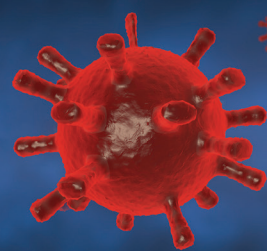
9-1-1



Services for Texans affected by

COVID-19

through outreach, referrals, supportive counseling and disaster recovery efforts.



FEMA

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov



TEXAS
Health and Human
Services



Texans Recovering Together - Crisis Counseling Assistance and Training Program (CCP) key principles:

- **Strengths-based:**
We promote resilience, empowerment and recovery.
- **Anonymous:**
We do not classify, label, or diagnose people; nor do we keep records or case files.
- **Designed to strengthen existing community support systems:**
The CCP supplements, but does not replace, existing community systems.

CCP grants are funded by the Federal Emergency Management Agency (FEMA) and administered by Texas Health and Human Services (HHS) to community-based agencies that provide outreach, referrals and supportive counseling to Texans affected by large-scale, presidentially declared disasters.

If you are experiencing the following, help is available.

Physical/Medical

- Headaches
- Stomach problems
- Problems eating
- Worsening health conditions

Behavioral

- Isolating and withdrawing from others
- Increased conflicts
- Easily startled
- Tearfulness
- Increased alcohol or drug use
- Reluctant to leave home

Feelings

- Angry or irritable
- Depressed
- Anxious or fearful
- Hopelessness/despair
- Decreased interest in activities
- Easily upset
- Increased stress

Thoughts

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

Texans Recovering Together - Crisis Counseling Assistance and Training Program (CCP) supports short-term interventions that involve the following counseling goals:

- Helping disaster survivors understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisting survivors in reviewing their disaster recovery options
- Promoting the use or development of coping strategies
- Connecting survivors with other people and agencies who can help them in their recovery process



Texas Recovering Together - Crisis Counseling Assistance and Training Program

Crisis counseling services for Texans affected by COVID-19 through outreach, supportive counseling and disaster recovery efforts.

Texas Health and Human Services

Department of Health and Human Services - USA

FEMA - US Department of Homeland Security

Substance Abuse and Mental Health Services Administration

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