

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.

Five Healthy Techniques to Manage Stress

- **Take a break from the stressor.** It may seem difficult to get away from a big work project, a crying baby or a growing credit card bill. But when you give yourself permission to step away from it, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less overwhelmed.
- **Exercise.** The research keeps growing — exercise benefits your mind just as well as your body.
- **Smile and laugh.** Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation.
- **Get social support.** Call a friend or send an email. When you share your concerns or feelings with another person, it does help relieve stress.
- **Meditate.** When practicing a form of mindfulness, people can release emotions that may have been causing the body physical stress. Much like exercise, research has shown that even meditating briefly can reap immediate benefits.

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

- Call **The Council on Alcohol and Drugs/Houston** : 713-942-4100
- 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)
- **Drug-Free Workplace**
1-800-WORKPLACE (967-5752)

www.samhsa.gov/workplace/resources/drug-free-helpline



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 Commission

TEXANS



RECOVERING TOGETHER

Hurricane Harvey Outreach Program 713.744.8174

Texans Recovering Together is a grant program funded by FEMA and administered by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration, under the direction of Texas Health and Human Services Commission, with area services provided by

**Region 4
Education Service Center (ESC)**

7145 W. Tidwell Rd.
Houston, Texas 77092

What We Do

- Free counseling in home or community 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.

Key Principles

Strengths-based: We promote resilience, empowerment, and recovery.

Anonymous: We do not diagnose people; no personal records or case files are kept.

Outreach-oriented: We connect services 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.

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 outreach workers 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, please utilize the below information.

In Chambers, Fort Bend and Waller counties, please contact the following:

Texans Recovering Together
Region 4 Education Service
Center (ESC)
7145 W. Tidwell Rd.
Houston, TX 77092
Phone: 713.744.8174
Email: TRT@esc4.net

In Harris County, please contact the following:

Texans Recovering Together
The Harris Center
P.O. Box 25381
Houston, TX 77265
Phone: 1.844.279.6036
Email: TRT@TheHarrisCenter.org