



Who are we?

Texans Recovering Together is a Crisis Counseling Program that offers crisis counseling, community outreach, local referrals and resources, linkage and psychoeducation to individuals, families, and communities impacted by the COVID-19 pandemic and the Texas Winter Storm.

We are here to ensure that all Texans affected in Harris County will regain a sense of normalcy and recover stronger than ever!

Who pays for services?

All services offered are free. The Crisis Counseling Program is funded by the Federal Emergency Management Agency also known as (FEMA). FEMA is partnered with Substance Abuse and Mental Health Services Administration (SAMHSA).

What services are available?

- **Crisis Counseling and Intervention-** Aiming to reduce the intensity of an individual's emotional, mental, physical, and behavioral reactions to COVID-19 and the Texas Winter Storm.
- **Education and Awareness-** Educating individuals and the community on COVID-19 and Texas Winter Storm.
- **Resource Referrals-** Providing individuals with community resources, assisting with immediate and unmet needs.
- **Skill Building-** Providing individual/ group sessions and assisting individuals with information on what to expect following a traumatic event.
- **Grief and Loss-** Offering encouragement and support to individuals with residual grief and loss of loved ones.

How to contact us?

Texans Recovering Together
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