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
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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