

*Are you overwhelmed
due to COVID-19?*

Texans Recovering Together Crisis Counseling Program is here for you!

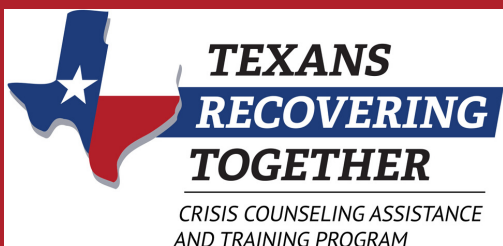
We offer **FREE** and
CONFIDENTIAL crisis
counseling services to
anyone experiencing
COVID-19 related stress



Call the Texas COVID-19
Mental Health Support
Line 24/7 at **(833)-986-1919**
to connect with a crisis
counselor today!

**HELP IS AVAILABLE, NO
MATTER WHAT YOU MAY BE
EXPERIENCING!**

Texans Recovering Together
Crisis Counseling Program at
Pecan Valley Centers
Local referral line: (817)-579-4483
or Email: TRT@pecanvalley.org



**Pecan Valley Centers 24-Hour Crisis Hotline
1-(800)-772-5987**

Serving Erath, Hood, Johnson, Parker, Palo Pinto,
and Somervell Counties

What services does the Crisis Counseling Program offer?

Our services include but are not limited to:

- **Crisis Counseling:** *Non-clinical counseling aims to reduce the intensity of an individual's emotional, mental, physical and behavioral reactions to a crisis*
- **Resource Referrals:** *Immediate need referrals to community resources for food, clothing, financial assistance, medical and mental health support*
- **Skill Building:** *Educational information on identifying stress reactions, productively managing stress and coping skills, and building awareness about normal reactions to a disaster related crisis.*
- **Grief and Loss:** *Education, encouragement, and support to individuals in the grieving process, providing coping strategies and awareness of common obstacles of the grief process*
- **Disaster Education and Awareness:** *Educational information on disaster preparedness and awareness*

All of our services are FREE and CONFIDENTIAL

For local support, contact us:

Monday through Friday

8 :00 AM to 5:00 PM at

(817)-579-4483

or via email at **TRT@pecanvalley.org**

For 24/7 support, contact the Texas COVID-19 Mental Health Support Line at
(833)-986-1919