
HURRICANE PREPAREDNESS TIPS

Have a plan

- Have an evacuation route & plan
- Have a list of contact numbers
- Turn off electricity prior to leaving home

Be prepared

- First Aid Kit
- Extra medications
- Battery operated radio & flashlight
- 3-day supply of water and non-perishable food
- Can opener
- Pet & baby supplies

Evacuate when the order is given



Crisis Hotlines

Tri County 24-Hour Crisis Line:
1-800-659-6994

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)

National AIDS Hotline: 1-888-232-6348

Gay & Lesbian Resources
GLBT Youth Hotline: 1-800-850-8078.
Gay & Lesbian National Hotline:
1-888-THE-GLNH (843-4564)

Domestic and Sexual Abuse Hotline
Phone: 713-528-2121 (Domestic violence)

Phone: 713-528-7273 (Rape Crisis)

Hotline: 1-800-799-7233

Covenant House NineLine (Youth Crisis Services): 1-800-999-9999

Crisis Intervention of Houston:
713-HOT-LINE (970-7000)

RAINN (Rape, Abuse & Incest National Network): 1-800-656-HOPE (4673)

SAMHSA (Substance Abuse & Mental Health Services Admin): 1-800-662-4357

TEXANS



RECOVERING TOGETHER

HURRICANE HARVEY OUTREACH PROGRAM

If you and your family has been affected by Hurricane Harvey, we are here to help. If you have lost a loved one, witnessed rising water in your home or apartment, or just feel the need to talk to someone for support and finding local assistance, Texans Recovering Together have trained professional readily available to assist you in the recovery process.

OUR GOAL

The purpose of the Texans Recovering Together program is to assist those who have been affected by Hurricane Harvey through education, recovery effort, outreach, referrals and supportive counseling (CCP).

Key Principles of the CCP Model:

- **Strengths based:** we promote resilience, empowerment, and recovery
- **Anonymous:** we do not classify, label, or diagnose people; no records or case files are kept
- **Outreach oriented:** we deliver service to the communities rather than wait for survivors to seek assistance
- **Conducted in Nontraditional Settings:** we make contact in homes and out in the community, not in clinical or office settings
- **Designed to Strengthen Existing Community Support Systems:** the CCP supplements, but does not replace, existing community systems.

ARE YOU EXPERIENCING ANY OF THE FOLLOWING?

Physical/Medical

Headaches
Stomach problems
Problems eating
Worsening health conditions

Behavior

Isolating and withdrawing from others
Increased conflicts
Easily startled
Tearfulness
Avoiding places or people that remind you of the disaster
Increased alcohol or drug use
Reluctant to leave home

Feelings

Angry or irritable	Decreased interest in activities
Depressed	Easily upset
Anxious or fearful	Increased Stress
Hopelessness/Despair	

Thoughts

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

WHAT WE DO

- **Social Service referrals** (alternative housing, financial assistance, etc)
- **Charitable Donation referrals** (food banks, resale stores, etc)
- **Transportation referrals**
- **Job Assistance referrals**
- **Legal Assistance referrals**
- **Medical Care referrals**
- **Mental Health/Substance Abuse referrals**
- **Individual Crisis Counseling**
- **Group counseling**
- **Educational Presentations**

SERVICES ARE PROVIDED AT:

- Homes
- Schools
- Social Service Agencies
- Community Centers
- Tri County Offices
- Any Convenient Location

