

# 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 HOTLINE

**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**  
1-713-528-2121 (Domestic violence)  
1-713-528-7273 (Rape Crisis)  
1-800-799-7233

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

**Crisis Intervention of Houston:**  
1-713-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



Crisis  
Counseling  
Program

RECOVERING  
TOGETHER

# HURRICANE HARVEY OUTREACH PROGRAM



## WE ARE HERE FOR YOU

*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 professionals 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 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 that remind you of disaster

### FEELINGS

- Angry or irritable
- Depressed
- Anxious or fearful
- Hopelessness / Despair
- Decreased interest in activities
- Easily Upset
- Increased stress

### THOUGHTS

- Unable to cope with death/injury
- Distressing dreams/nightmares
- Disturbing thoughts/images
- Difficulty concentrating
- Difficulty remembering things
- Suicidal thoughts/feelings

## WHAT WE DO

### Social Service referrals

- alternative housing
- financial assistance

### Charitable Donation referrals

- food banks
- resale stores

### 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

