**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**

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**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

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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