



TX DPS Stress Management for Essential Staff at Work During COVID-19 Webinar



This interactive training will provide research based information on general coping skills and strategies specific to components of the environment of today as essential workers work during COVID-19.

In this handout, you will find space to take notes and all the resources discussed in the webinar. Questions can be posed live during the webinar or via follow up by emailing PhysicalFitness@dps.texas.gov

Foundation for Stress Management starts with:

1. Adequate Sleep: at least _____ per 24 hours as deprivation can impact:

- Resource: [Healthy Sleep Tips](#) and [Sleep Hygiene](#)

2. Healthy nutrition with a focus on _____ foods to help avoid empty calories

- Resources: [30 Minute Meals and Herb/Spice Combinations](#)
[Outsmart your Mind to Eat Better Recording](#) & [ERS Wellness Resources](#)

3. Exercise can help to reduce _____

- Resources: [Bands & Bodyweight Workouts](#) & [Unconventional Workout Equipment Webinar April 16th](#)

Navigating specific changes due to COVID-19 may include strategies around:

4. Belonging, connections & sense of safety are 2nd tier in Maslow's Hierarchy of needs so remember to connect with others as you are not alone

5. Cognitive Coping Skills: Be careful of the ANT, which stands for:

What is one positive thing that you have seen arise from the current situation?

Resource: [Intro to Mindfulness Webinar](#) & [The Science of Well-Being Course](#)

6. Dealing with Social Distancing by avoiding Isolation & Getting Outdoors

- Resource: [List of 100 things to do](#)

7. Putting on a Tough Face

Focus on physical & emotional signs of tension, agitation, & lack of emotional control

8. Loss of Routine & Disrupted Home Life: Create new routine, remember you're not alone & talk about situation

9. Information Overload

Be aware of your consumption, take breaks, and read beyond the headlines

10. Financial Stress

- Resource: [Financial Fitness for your Future Webinar](#)

Key Takeaways & Notes:

Deep Breathing & Guided Relaxation

Guided Relaxation

[Click here](#) for a variety of 5 - 25 minute meditations from Laura Beth White, our Wellness Program Coordinator.

This exercise incorporates elements of guided imagery, meditation, progressive muscle relaxation. A nice exercise to try "a little of everything."

- Script was obtained on 11/23/08 from Inneridea.com
- Background music is from "[kerri](#)" on [The FreeSound Project](#)
- Editing by Martin Grant

Calming Your Body

[Listen to Calming Your Body](#)

This exercise is a gentle introduction to becoming more in tune with your body. Particular attention is paid to breath work while inducing the relaxation response.

- Script is used by permission from Ann Webster, Ph.D.; Benson-Henry Institute for Mind Body Medicine
- Background music is from "[Akacie](#)" on [The FreeSound Project](#)
- Editing by Martin Grant

Short Relaxation

[Listen to Short Relaxation](#)

This exercise is an introduction to deep, slow breathing. The listener is guided to discover feelings of peace and calm in one's body and mind.

- This piece was written and read by Sharon Morisi, LICSW, CEAP. Ms. Morisi is a counselor in Dartmouth's Faculty/Employee Assistance Program
- Background music is from ["inchadney" on The FreeSound Project](#)
- Editing by Martin Grant

Anchoring

[Listen to Anchoring](#)

Anchoring is a hypnotic technique that helps you connect to times in your past when you felt truly calm and confident. You can use it right now to give yourself a feeling of strength when facing sad days and difficult challenges.

- This script is from an unknown source
- Background music is from ["digifishmusic" on The FreeSound Project](#)
- Editing by Martin Grant

The Forest

[Listen to The Forest](#)

Let yourself be guided on a peaceful walk through a beautiful, lush forest near a trickling stream.

- Script is used by permission from Georgia Southern University Counseling Center
- Background music is from ["inchadney" on The FreeSound Project](#)
- Editing by Martin Grant

Nourishment from the Past

[Listen to Nourishment from the Past](#)

This Five-Finger exercise was developed by Dr. David Cheek as a way to achieve deep relaxation and peace, while simultaneously affirming your human worth. All you have to do is imagine four scenes from your past—using visual, auditory, and kinesthetic (touch) images. It's simple, it's pleasurable, and it works.

- This script is from an unknown source
- Background music is from ["ERH" on The FreeSound Project](#)
- Editing by Martin Grant

Special Place

[Listen to Special Place](#)

This exercise guides you to create a safe and peaceful place in your imagination, a place you can go any time you need to relax. You should go there often, whenever tension starts to build. Merely close your eyes and focus on the image of your special place.

- This script is from an unknown source
- Background music is from ["digifishmusic" on The FreeSound Project](#)
- Editing by Martin Grant

Grounding

[Listen to Grounding](#)

This exercise guides you to create your personal shield, a shield that protects, nurtures and calms you. You can use it right now to give yourself a feeling of peace and calm.

- This piece was written and read by Sharon Morisi, LICSW, CEAP. Ms. Morisi is a counselor in Dartmouth's Faculty/Employee Assistance Program.
- Background music is from ["info@in-tune.nl" on The FreeSound Project](#)
- Editing by Martin Grant

From:

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

PREVENTING SUICIDE DURING AND AFTER THE COVID-19 PANDEMIC

For the near-term, we are and will be living through a global pandemic. We have no firm estimate of how long it will last, whether or not we or our loved ones will be infected by this virus or worse potentially die from it, or how long our lives will be disrupted. These uncertainties can cause and/or heighten anxiety and fear. For those among us who live alone, it will severely increase our isolation from others. In short, both Covid-19 and the recommended strategies to “flatten the curve” or slow the spread of the disease, increase the risk of suicide among those already most vulnerable and, for others, it creates a risk that was low or did not exist prior to the pandemic.

The World Health Organization estimates there are 800,000 suicides every year across the globe. Suicide occurs among all populations, however those at greater risk live in 3rd world nations, rural and economically challenged regions, where access to lethal means is greater and access to good, quality physical and mental healthcare is less. Suicide is a leading cause of death, especially among the young, and is correlated with a prior (known or undiagnosed) mental illness and an external situation that creates an immediate crisis. It is important therefore to know a little about how a pandemic might affect those among us who live with one or more of the following mental illnesses that might be especially impacted by this pandemic.

Anxiety – A pandemic can significantly increase the severity of anxiety symptoms including: excessive fears of external threats, panic attacks and avoidance, restlessness, worrying, physical sensations (heart racing, sweating, etc.), irritability, difficulty concentrating.

Obsessive-Compulsive disorder (OCD) – People with OCD live with checking and repetitive types of behaviors to deal with their illogical fears of contamination that can become significantly worse during a pandemic. Already excessive hand washing or showering can increase leaving skin raw, cracked and bleeding.

Depression – During a pandemic for some the symptoms of depression: depressed mood, sleep or appetite changes, feelings of hopelessness and helplessness, inability to enjoy or find satisfaction in life and thoughts of suicide could worsen. For others with depression they may appear better during the pandemic (they become focused on the crisis and less on their illness), but then after the crisis ends their symptoms might re-emerge.

Mania – People with Bipolar disorder who have episodes of mania may engage in high-risk behaviors during a pandemic. For example they may have grandiose fantasies and believe that they can be around others or touch objects and be immune from catching or transmitting the virus or if they were they to get sick with the virus, not engage in necessary self-care.

Schizophrenia - People living with schizophrenia or other psychotic disorders have a heightened sensitivity to everything in their life, internally and externally. A pandemic can magnify their delusions (fixed, false beliefs) and/or hallucinations (altered perceptions of things in their environment) especially around a disease that they believe might be attacking them personally, leaving them paranoid/fearful, isolating or with increased agitation and distorted thinking.

SAVE's Helpful Tips: <https://save.org/wp-content/uploads/2020/03/COVID-19-Helpful-Tips.pdf>

World Health Organization's Mental Health Tips: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

International Assoc. of Suicide Prevention Briefing Statement: https://www.iasp.info/pdf/2020_briefing_statement_covid19.pdf

International Crisis Centers: https://www.iasp.info/resources/Crisis_Centres/

Facebook Coronavirus Information Center: https://www.facebook.com/coronavirus_info/?page_source=search

WhatsApp connector: <https://www.whatsapp.com/coronavirus>



Tips for Dealing with a Pandemic Now

1. Limit exposure to the news and only rely on credible sources for information and updates such as the World Health Organization, the Centers for Disease Control and Prevention, local or regional Public Health Departments.
2. Check-in more frequently with those living with a mental health issue. They are likely not able to see their regular doctors or therapists, so checking in with them is helpful.
 - a. Know the warning signs of suicide: talking about death and dying, looking for a way to die, expressing feeling hopeless, helpless, having no reason to live any longer, no purpose to life, feeling like they are a burden or that they are trapped.
 - b. Some places are using telemedicine and online assistance programs as well as retired and other volunteer mental health professionals that can be a good resource.
 - c. Help support them to follow any existing safety plans that they have and ensure that they are taking their medications as prescribed.
 - d. Pets are great companions and a source of support, but if they do not have a pet, suggest they look online and through social media for pet groups and videos.
3. Offer to help with their basic needs when possible. If possible, do their shopping for them so that they do not over- or under-buy products, ensure they have what they need that they might not know or think about.
4. Give them ideas on how to get through the days and nights when they might be more alone than typically. Staying connected is very important so suggesting telephone calls and texting can be helpful. Using social media platforms to stay connected during a pandemic is also helpful and easy, but ensure that a) this is moderated and not excessive, b) they are using it to stay connected and not to compare themselves to how others are living and dealing with the crisis and c) the things they are looking at online are credible and safe.
5. Monitor them for increased symptoms or a change in their behaviors. Ask them how they are doing and create a 1-10 rating system for them to give you a sense of how they are. 1-5 would be ok, 6-7 would indicate a need to increase support, and 8+ might suggest the need for intervention.
6. Suggest that they stay active. Taking walks, exercising, stretching, etc. helps just as does cleaning, organizing and connecting with others.
7. Restrict access to lethal means of suicide. Safely store medications, ensure firearms are safely stored or removed and keep ropes/cords safely stored.
8. Help them by setting boundaries on how much you will talk about the pandemic and their symptoms. It is ok to do this briefly and occasionally, but let them know there are other things to talk about and when you do talk with them correct erroneous or illogical information.
9. Suggest they create new routines to get through the pandemic that has altered their normal routines and patterns. Getting up at the same time, eating regularly, going to sleep at the same time all help keep them on a schedule for wellness. Have them let you know if any of this is not working for them or when changes occur.
10. Talk with them about learning a new skill (e.g. online courses, videos, tutorials, etc.), practicing something they want to get better at or starting a new hobby.

SAVE's Helpful Tips: <https://save.org/wp-content/uploads/2020/03/COVID-19-Helpful-Tips.pdf>

World Health Organization's Mental Health Tips: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

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International Crisis Centers: https://www.iasp.info/resources/Crisis_Centres/

Facebook Coronavirus Information Center: https://www.facebook.com/coronavirus_info/?page_source=search

WhatsApp connector: <https://www.whatsapp.com/coronavirus>



Tips for After the Pandemic

1. Support them in limiting how much time they watch television and the news and talk with them about slowly increasing the amount of time on this.
2. Stay checked in with them, but help them by modeling more and more of their time can be done on their own and without the same level of need as during the pandemic. During the pandemic you may have initiated check-ins more, after the pandemic encourage them to initiate the check-ins with you.
3. Support their rebuilding contacts and relationships as well as encourage them to create new support systems.
4. Help them create new routines and daily practices that build on what they did during the pandemic but can be modified after to match their daily schedule, appointments, treatment, etc.
5. Support them and ensure that they return to their normal treatment plans and regimen of seeing their healthcare and mental health providers.
6. Monitor their symptoms (regardless of their diagnosis) to ensure it does not seem worse (e.g. manic behaviors, paranoia, checking behaviors).
7. Watch for signs of depression (returning or worsening) as they go back to what their life was prior to the external crisis and watch for warning signs of suicide (talking about death and dying, looking for a way to die, expressing feeling hopeless, helpless, having no reason to live any longer, no purpose to life, feeling like they are a burden or that they are trapped).
8. Assist them with connections to economic support systems (e.g. unemployment assistance) and/or support them with reintegrating to school, work or family activities.
9. Support and engage with them in their new hobbies and interests.
10. Ensure that they know local and national crisis contact numbers.

SAVE's Helpful Tips: <https://save.org/wp-content/uploads/2020/03/COVID-19-Helpful-Tips.pdf>

World Health Organization's Mental Health Tips: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

International Assoc. of Suicide Prevention Briefing Statement: https://www.iasp.info/pdf/2020_briefing_statement_covid19.pdf

International Crisis Centers: https://www.iasp.info/resources/Crisis_Centres/

Facebook Coronavirus Information Center: https://www.facebook.com/coronavirus_info/?page_source=search

WhatsApp connector: <https://www.whatsapp.com/coronavirus>





TexVet Consolidated Mental Health Resources for the Texas Veteran Community

TexVet.org

TexVet is a state program connecting Service Members, Veterans, Families, and those that Serve them to fully vetted information and resources, in an easy-to-find format. Search by County: <https://www.texvet.org/county>

Veterans Crisis line – Ways to Connect

- Call: 1-500-273-8255 Press 1
- Text: 838255
- Chat: <https://www.veteranscrisisline.net/get-help/chat>
- Support for the deaf or hard of hearing: 1-800-799-4889
- Homeless Support, Call: 1-877-4AID VET (1-877-424-3838)

This free support is

- Confidential
- Available every day, 24/7

And serves

- ★ All Veterans
- ★ All Service members
- ★ National Guard and Reserve
- Their family members and friends

Department of Veterans Affairs Mental Health Resource Page

Are you a Veteran looking for mental health support? Or a family member who wants to know more about the common signs of posttraumatic stress? Or a community provider currently treating a Veteran? Find the group you most identify with, then proceed to support and resources that are tailored for you. <https://www.mentalhealth.va.gov/index.asp>

Texas Suicide Prevention Council

Texas Suicide Prevention initiative is the result of a collaborative effort throughout the state of Texas of community-based organizations, state and local agencies, academic institutions and many others who work together to reduce suicides in Texas. You can find more information, tools, training, and about this effort and its organizers here:

<https://texassuicideprevention.org/>

Military Veteran Peer Network

Peer-to Peer Support through training, technical assistance, and certification to Local Mental Health Authority-based Military Veteran Peer Network (MVPN) Peer Service Coordinators (PSCs) and their Peers to create a statewide network of military trauma-affected Veteran peer support. Find your Texas local PSC here: <https://www.texvet.org/partners/mvpn-military-veteran-peer-network>

Texas Resources that Receive Grants to Provide Veteran Mental Health Services (Veterans, Families, Caregivers, Dependents, Surviving Spouses)

Texas Veterans Commission Fund for Veterans Assistance Mental Health Grantees

*** Statewide (If not statewide, please see individual websites for counties served)**

Panhandle

WTCG.us - West Texas Counseling and Guidance– Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **San Angelo Office 325-315-0272 Del Rio Office 325-812-4612**

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Telehealth available Statewide 469-974-7731)**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

Co.potter.tx.us - Potter County Veteran Treatment Program – Clinical Counseling Services for Veterans and Dependents. **806-379-2246**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

West Texas

***Bswhealth.com** - Baylor Scott & White Warrior Research Institute – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide, 254-716-6208)**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

ProjectAmistad.org - Clinical Counseling for Veterans, Dependents, Surviving Spouses-Mental Health. **915-298.7307**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

Alamo

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

Bexar.org - Bexar County Commissioners Court – Clinical Counseling Services for Veterans. **210-335-2011**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

Samaritan-center.org - Samaritan Center for Counseling and Pastoral Care, Inc. - Clinical Counseling for Veterans, Dependents, Surviving Spouses. **512-466-4454**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

WTCG.us - West Texas Counseling and Guidance– Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **San Angelo Office 325-315-0272 Del Rio Office 325-812-4612**

South Texas

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

Cenikor.org – Cenikor Foundation - Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **713-266-9944**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

Gulf Coast

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

Eastersealshouston.org – Easter Seals of Greater Houston, Inc. – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **713.838.9050**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

Santamariahostel.org - Santa Maria Hostel, Inc. – Clinical Counseling Services for Veterans. **713.691.0900**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

Montrosecenter.org – The Montrose Center – Clinical Counseling Services for Veterans. **713-529-0037 ext.0**

Tricountyservices.org - Tri-County Behavioral Health - Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **936-521-6120**

Usvetsinc.org - United States Veterans Initiative (U.S. VETS) – Clinical Counseling Services for Veterans. **832.390-3563**

Central Texas

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

Cpinc.org – Center Point, Inc. – Clinical Counseling for Veterans, Dependents, Surviving Spouses. **415-446-1931**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

Eastersealshouston.org – Easter Seals of Greater Houston, Inc. – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **713.838.9050**

Hotmhm.org - Heart of Texas Regional MHMR - Clinical Counseling for Veterans, Dependents, Surviving Spouses. **254-297-7171**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

Samaritan-center.org - Samaritan Center for Counseling and Pastoral Care, Inc. - Clinical Counseling for Veterans, Dependents, Surviving Spouses. **512-466-4454**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

East Texas

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide, 254-716-6208)**

***valortx.com – VALOR** - Clinical Services for Veterans **(Statewide, 469-974-7731)**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

North Texas

22kill.com – 22 Kill – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **682-990-6242**

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

***valortx.com – VALOR** - Clinical Services for Veterans. **(Statewide, 469-974-7731)**

Dallascounty.org/departments/cscd – Dallas County Community Supervision & Corrections Dept. – Clinical Counseling Services for Veterans and Dependents. **214-320-6700**

***Houstonmethodist.org** - Houston Methodist Hospital – Clinical Counseling Services for Veterans. **(Statewide, 346-238-2040)** Ask for Dr. Madan

Jakesrr.org – Jake Es Round Up - Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **972-962-2828**

Samaritan-center.org - Samaritan Center for Counseling and Pastoral Care, Inc. - Clinical Counseling for Veterans, Dependents, Surviving Spouses. **512-466-4454**

***Txngfsf.org - Texas National Guard Support Foundation** – Clinical Counseling Services for Veteran Dependents, Surviving Spouses. **(Statewide, 512-560-5669)**

Texas Veterans + Family Alliance Grant Program

WTCG.us - West Texas Counseling and Guidance– Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **San Angelo Office 325-315-0272 Del Rio Office 325-812-4612**

***Bswhealth.com - Baylor Scott & White Warrior Research Institute** – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **(Telehealth available Statewide 254-716-6208)**

Eastersealshouston.org – Easter Seals of Greater Houston, Inc. – Clinical Counseling Services for Veterans, Dependents, Surviving Spouses. **713.838.9050**

***Endeavors.org - Family Endeavors. Telehealth services** Steven A. Cohen Military Family Clinics at Endeavors. (Telehealth Statewide, 833-286-8387) <https://www.endeavors.org/programs/onlinetherapy/>

Ecrh.org -The Ecumenical Center - Counseling via tele counseling or phone sessions. **210-616-0885**

Vetstar.org - StarCare Specialty Health System/VetStar -Referral services for equine-assisted psychotherapy. **806.470.9317**

agif-nvop.org - American GI Forum National Veterans Outreach Program - mental health counseling, employment, housing and support services. **210-223-4088**

Emergencehealthnetwork.org - Emergence Health Network- Counseling, case management, psychiatric services, crisis services. **(Telephonic, Skype, in-person, 915-887-3410)**

Additional Resources:

SPRC.org - Suicide Prevention Resource Center (SPRC) is a federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC advances suicide prevention infrastructure and capacity building through consultation, training, and resources to enhance suicide prevention efforts in states, Native settings, colleges and universities, health systems and other settings, and organizations that serve populations at risk for suicide.

Maketheconnection.net - MakeTheConnection.net is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

Texas Veterans Commission Fund for Veterans Assistance Additional Assistance

Find more areas of assistance here : <https://www.tvc.texas.gov/grants/assistance/>

GENERAL ASSISTANCE

Financial Assistance, Supportive Services, Employment Services, Family Services, Legal Services, Referral Services, Transportation Services

HOUSING 4 TEXAS HEROES

Home Modification Assistance, Homeless Veterans Support, Veteran Homelessness Prevention

VETERANS TREATMENT COURTS

Geographic Distribution of Veterans Treatment Courts