



# COVID-19 Crisis Counseling HELPLINE

## 888-843-1315

After a traumatic event,  
\* problems may come and go.  
It is important to know when  
to ask for help.

Are you interested in:

- Talking to someone?
- Learning how to manage your stress?
- Understanding the common reactions to disasters?

TEXANS



RECOVERING  
TOGETHER

**HELP is available through the  
COVID-19 HELPLINE.**