

**Need Help  
Recovering  
from the  
COVID-19  
Pandemic?**

**Are You  
Experiencing:**

Sadness,  
anxiousness,  
exhaustion,  
overwhelming  
feelings,  
confusion,  
anger or lack  
of motivation

Disruption in  
your daily  
activities

Loss of a  
loved one

**TEXANS**



Crisis  
Counseling  
Program

**RECOVERING  
TOGETHER**

*Serving Hidalgo, Cameron and Willacy  
Counties*

**Services:**

- Short-term Symptom Relief Education and Encouragement
- Reinforcement of Healthy Coping Skills
- Reduction of Future Behavioral Issues
- Promotion of Individual and Community Adaptability
- Availability of Community Resources

For more Information or to schedule an appointment, Please Call:

(956) 520-8900  
Monday – Friday  
8:00am - 5:00pm

Follow us on:

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