

COVID-19 FAMILY TIPS

Our community can help slow the spread of COVID-19 by following the Center for Disease Control and Prevention recommended guidelines:

Wash your hands for 20 seconds and encourage others to do the same.

Use hand sanitizer with at least 60 % alcohol if no soap or water is available.

Cover coughs and sneezes with a tissue and then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean and disinfect frequently touched objects and surfaces.

Practice social distancing.

Monitor your health daily.

Avoid close contact with people who are sick.

Stay home when you are sick, seeking medical attention when necessary.

Wear cloth face coverings.

Visit www.cdc.gov for updates.

CHILDREN & YOUTH TIPS

Be honest and accurate.

Remain calm and reassuring.

Help them practice mindfulness.

Be creative about new routines, and activities.

Encourage them to be creative about new ways to interact with their friends socially.

Monitor television viewing and social media.

Schedule Recess/Playtime while social distancing.

ONLINE RESOURCES

- Childmind.org
- Coolmath4kids.com
- Houston Public Media.org
- MetMuseum.org/learn
- National Child Traumatic Stress Network.org
- PBSkids.org
- SAMHSA.gov
- Savethechildren.org
- Sesamestreet.org
- Vroom.org

CRISIS HOTLINES

Gulf Coast Center 24/7 Crisis Hotline	1-866-729-3848
SAMHSA Disaster Distress 24/7 Helpline	1-800-985-5990 Text TalkWithUs to 66746
SAMHSA's National 24/7 Helpline	1.800-662-4357 or TTY 1-800-487-4889
National Suicide Prevention Lifeline	English: 1-800-273-8255 Spanish: 1-888-628-9454
National Domestic Violence 24/7 Hotline	1-800-799-7233 or TTY 1-800-787-3224
National LGBTQ+ Hotline	1-888-843-4564
National Alliance on Mental Illness (NAMI) Texas Youth Hotline	1-800-950-6264 Text NAMI to 741741 1-800-989-6884 or Text 512-872-5777
The Trevor Project (for LGBTQ youth) 24/7 Hotline	1-866-488-7386, Text START to 678678
Veterans Crisis 24/7 Hotline:	1800-273-8255 Press1, Text 838255

HELPFUL APPS



HEADSPACE



Happify



Stop, Breathe & Think



Help Kids Cope



For more information, please visit us at
www.gulfcoastcenter.org

COVID-19 INFORMATIONAL GUIDE

BRAZORIA & GALVESTON COUNTIES



TEXANS RECOVERING TOGETHER

CRISIS COUNSELING ASSISTANCE
AND TRAINING PROGRAM

Call us now!

FOR QUESTIONS AND SUPPORT

1-800-643-0967

For more information, please visit us at
www.gulfcoastcenter.org

WHO WE ARE

Gulf Coast Center's **Texans Recovering Together, Crisis Counseling Program** (TRT CCP) helps those who have been affected by COVID-19.

We offer crisis counseling, social support, and linkage to community resources, public education and outreach. All program services are **FREE** and provided by trained professionals.

COVID-19 HEALTH INFORMATION

Brazoria County Health Department COVID-19 Information Line	979-864-2167 Monday- Friday 10am-5pm Saturday 10am-2pm
Brazoria County Health Department Information Line	979-864-1166 (Healthcare Providers ONLY)
Galveston County Health District COVID-19 Call Center	409-938-7221, option 1 Monday-Friday 8am-5pm Saturday 9am-1pm
TX Health Human Services Commission (HHSC)	1-833-986-1919 COVID-19 Mental Health Support Line 24/7
TX Department of State Health Services	2-1-1 Texas Dial 2-1-1, option 6 www.dshs.texas.gov
Centers for Disease Control and Prevention	www.cdc.gov (Coronavirus Self-Checker)

COMMUNITY RESOURCES

Social Services	
2-1-1 United Way Helpline	2-1-1
Collaborative for Children	findchildcarenow.org
Houston Food Bank	Text FOOD to 855-308-2282
Houston-Galveston Area Council	www.h-gac.com
Lone Star Legal Aid	lonestarlegal.org
UTMB Community Resource Directory	www.utmb.edu/health-resource-center
Brazoria County	
Actions Inc. of Brazoria County (Senior Services)	979-849-6132 (Non-emergency help line)
Brazoria County Dream Center	979-388-0280
Community Health Network	281-824-1480
Pearland Neighborhood Center	281-485-1987
Salvation Army-Freeport	979-233-5420
United Way of Brazoria County	979-849-9402
Galveston County	
Catholic Charities	409-762-2064
Coastal Health & Wellness	409-938-2234
Galveston County Food Bank	409-945-4232
Interfaith Caring Ministries	281-332-3881
Lighthouse Christian Ministries	281-339-3033
M.I. Lewis Social Services	281-534-2043
Resource & Crisis Center of Galveston County	409-763-1441 888-919-7233 Hotline
Salvation Army (Shelter +)	409-763-1691
St. Vincent's House	409-763-8521
Mental Health & Substance Abuse Services	
Family Service Center of Galveston County	409-762-8636
Gulf Coast Center	409-763-2373
Brazoria Co. Counseling Services (Family & Youth)	979-549-0889
Krist Samaritan Counseling	281-480-7554
National Alliance on Mental Illness (NAMI) Gulf Coast	281-585-3100 Helpline

** Please contact your local social service providers for hours of operation and resource availability.*

SELF-CARE TIPS

- **Keep** a positive attitude.
- **Accept** that there are events that you cannot control.
- **Claim** your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- **Eat** healthy, well-balanced meals.
- **Exercise** regularly.
- **Get** enough rest and sleep.
- **Routine** establish a routine that helps you manage your time.
- **Maintain** relationships and rely on your support systems. (talk, text, use social media platforms or video chat)
- **Share** your feelings with a friend or family member.
- **Practice** relaxation techniques; deep breathing, meditation, yoga, or Tai Chi.
- **Take Breaks** make time to unwind, try to return to activities that you enjoy while practicing social distancing.
- **Practice Compassion** offer kindness to yourself and others.
- **Avoid** alcohol and other drugs.
- **Stay Informed** with news updates from reliable officials.
- **Avoid** excessive exposure to media coverage of the event.
- **Seek** help from a clergy member, counselor, or doctor.