



DEALING WITH THE AFTERMATH OF HURRICANE HARVEY

Free Mental Health Programs and Services available at the Hope and Healing Center & Institute

INDIVIDUAL SERVICES

Mental Health Coaching

In light of the recent traumatic events caused by Hurricane Harvey, the Hope and Healing Center & Institute is offering free mental health services to those who are experiencing a sense of loss or may be struggling with mental health issues. Mental Health Coaches are available now to meet one-on-one, in English and Spanish, to help individuals process the devastation and trauma they may have experienced in the aftermath of Hurricane Harvey. Mental Health Coaches are licensed mental health care providers who provide strengths-based recovery support to individuals living with any mental health difficulty or disorder.

To schedule an appointment with a Mental Health Coach offered free of charge, please go to our website to request an appointment online at <http://hopeandhealingcenter.org/support/mental-health-coaching/> or call (713) 871-1004.

THREE HEALING FORUMS

Helping Yourself and Others Deal with Stress and Loss after the Storm

Wednesday, September 20, 12 noon – 1 pm

*In this presentation **Matthew S. Stanford, PhD, CEO, Hope and Healing Center & Institute**, will offer guidance on recognizing the signs of and minimizing the impact of disaster-caused stress. Understanding the difference between a normal stress response to a traumatic event and post-traumatic stress disorder will also be discussed. Support during this time is important for all who experience a disaster, especially children, older adults, and vulnerable individuals.*

Addressing Children's Mental Health Needs in the Wake of the Storm

Thursday, September 28, 12 noon – 1 pm

*Disasters can leave children feeling frightened, confused, and insecure. In most cases, depending on the risk factors present, distressing responses are temporary. In this presentation **the clinical staff of the Hope and Healing Center & Institute** will educate parents and grandparents on how best to comfort and care for their children in the aftermath of Hurricane Harvey.*

Mutual Aid after Harvey: Addressing Community Mental Health

Tuesday, September 26, 6:30 – 8 pm

*How has Hurricane Harvey affected our mental health? How do we respond to loss? How has the storm affected our perspectives on what it means to live in Houston? Join us for a presentation by **Erica Fletcher, PhD, Zorich Fellow on Mental Health Policy, Hope and Healing Center & Institute**, and a group discussion following. Erica will discuss landscapes of mental distress and possibilities for community healing within her urban homeland of Houston, Texas. Participants will be encouraged to discuss connections between urban life, mutual aid, and the limits of "resilience" in addressing environmental disasters.*

These programs are offered free of charge. To register, please call (713) 871-1004 or go to <http://hopeandhealingevents.org/events/>

SUPPORT GROUP

Natural Disaster Loss and Trauma Support Group

Fridays from 12 noon – 1 pm starting on September 29th

*The Hope and Healing Center & Institute's Natural Disaster Loss and Trauma Support Group is available to anyone in the greater Houston community who has been affected by Hurricane Harvey. The group will cover the topics of stress, grief, depression, safety, self care, and others. The group will run for 8 consecutive weeks, but you may join at any time. The group will meet at the Hope and Healing Center & Institute and will be lead by **Sarah Dominguez, LPC**.*

There is no need to register for this free support group. Please contact Sarah Dominguez, LPC, at sdominguez@hopeandhealingcenter.org or (713) 871-1004 if you have any questions.