

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.

Avoid gatherings of more than 10 people.

Avoid close contact with people who are sick.

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

Wear cloth face coverings.

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.

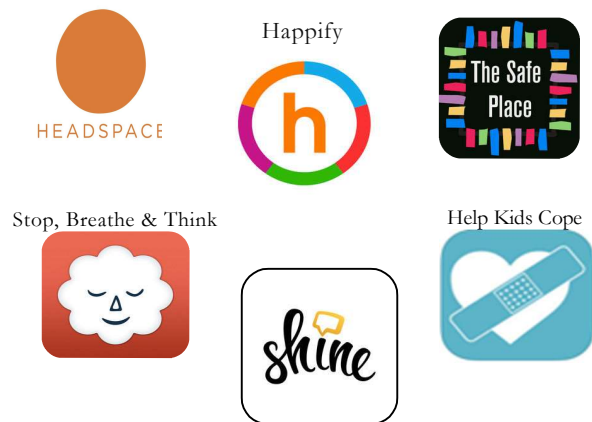
ONLINE RESOURCES

- 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

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|----------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 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



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



COVID-19

INFORMATIONAL GUIDE

BRAZORIA & GALVESTON COUNTIES



Call us now!

FOR QUESTIONS AND SUPPORT

1-800-643-0967

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



WHO WE ARE

As the Local Mental Health Authority for Galveston and Brazoria Counties, Gulf Coast Center is committed to implementing protective strategies as we maintain essential services during this critical time. Our **Texans Recovering Together, Crisis Counseling Program (TRT CCP)** helps those who have been impacted 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

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|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Brazoria County Health Department COVID-19 Information Line | 979-864-2167 Monday- Friday 10am-6pm Saturday 9am-2pm |
| Brazoria County Health Department | 979-864-1898 (Non-Medical) Information Line |
| 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.