

# CRISIS COUNSELING PROGRAM

## COVID-19 Mental Health Hotline

TEXANS



**Emergence Health Network**  
[EmergenceHealthNetwork.org](https://www.EmergenceHealthNetwork.org)

RECOVERING  
TOGETHER



**The Crisis Counseling Program (CCP)** is a valuable community resource for those affected by a disaster such as the COVID-19 pandemic. CCP services, through the Texans Recovering Together initiative include free supportive crisis counseling provided by mental health professionals throughout the state. In the El Paso and Midland/Odessa area calls to the COVID-19 Mental Health Hotline will be handled by trained CCP counselors at Emergence Health Network.

**The Crisis Counseling Program** focuses on helping residents understand their personal responses to common disaster reactions, help them develop coping skills needed to deal with the challenging emotions, plan action steps to regain control, discuss solutions to resolve losses and overcome adversities and provide linkages to other helpful community resources.

### TYPICAL REACTIONS TO A DISASTER

- Anxiety
- Loss of sleep or appetite
- Stress
- Grief
- Irritability
- Hopelessness
- Family conflict
- Overtime stress can take its toll and develop into more negative reactions, such as physical exhaustion or substance use could surface

### INDIVIDUALS AND COMMUNITIES CAN EXPERIENCE:

- Vulnerability
- Lack of security
- Fears about the future
- Sense of loss of control and ability to protect themselves and their families

**HELP IS AVAILABLE**  
COVID-19 Mental Health Counseling  
Support Hotline

**El Paso: 915.779.1800**