



Free Telesupport for First Responders & Health Care Workers

[The Council on Recovery](#) (Click on the link for the original flyer)

Help for the helpers.
A SERVICE FOR THE COMMUNITY FROM
THE COUNCIL ON RECOVERY

NO COST Brief Support Now Available for First Responders and Frontline Healthcare Workers

To demonstrate our full support of the hard-work and dedication of those who serve, The Council on Recovery is now offering NO COST virtual supportive services to first responders and frontline healthcare workers.

- Police Officers
- Fire Fighters
- Paramedics/EMTs
- Doctors
- Nurses
- And other medical personnel

Find help for:

- Stress
- Fear
- Anxiety
- Trauma
- Burnout
- Substance abuse

• No cost virtual service
• Fully licensed, Master's level clinicians
• Up to 3 sessions
• You do not have to be a client of The Council to participate

To schedule your virtual appointment, visit
www.councilonrecovery.org/telehealthservices

[The Harris Center](#)

(Click on the link for the original flyer)

[Catholic Charities](#)

No Cost Virtual Support Groups for Healthcare Workers in Harris County

Healthcare workers are experiencing an unprecedented amount of stress amidst the COVID-19 epidemic. The Harris Center for Mental Health and IDD wants to be here for you during this challenging time.

Please reach out to our COVID-19 Mental Health Support Line to speak to a caring responder 24/7.

If you identify yourself as a healthcare worker, you can be referred to SHARE*, a virtual support group designed specifically for healthcare workers to connect with others who are experiencing similar stressors and building new ways to cope. SHARE is facilitated by experienced mental health professionals from The Harris Center for Mental Health and IDD.

Call the COVID-19 Mental Health Support Line for more information: 833-251-7544

*Support for Healthcare workers to Assist with Relief Electronically

Catholic Charities
ARCHDIOCESE OF GALVESTON-HOUSTON

COUNSELING AND BEHAVIORAL HEALTH CLINIC

HELP FOR OUR HELPERS

FREE Counseling Services for Frontline Health Workers

We're living in stressful times. Catholic Charities' counselors are here to help.

Our expert bilingual counselors can help our hardworking and dedicated first responders and frontline healthcare workers for **FREE** during the COVID-19 pandemic.

If you are a:

- Police Officer
- Fire Fighter
- Paramedic/EMT
- Doctor
- Nurse
- Other medical personnel

We can help you with:

- Stress
- Fear
- Anxiety
- Trauma
- Burnout

Call Catholic Charities' Mental Health Line from 9 a.m. to 4 p.m. to request a session, and a licensed counselor will call you back within a day.

CONTACT US: 713.874.6590

About Catholic Charities' Counseling and Behavioral Health Clinic

The Counseling and Behavioral Health Clinic helps families of any income level with everyday problems build healthy relationships and heal from trauma and grief. Our licensed bilingual counselors serve families in schools, at parishes and in other locations throughout the community. Counseling also is

