

## What is the Crisis Counseling Program?

Funded by The Federal Emergency Management Agency (FEMA). The Crisis Counseling Program, or CCP, helps individuals and communities recover from natural and human-caused disasters such as individuals facing hardship from the COVID-19 pandemic. Through community outreach and access to mental health services, our mission is to provide relief to our communities in these challenging times.

The CCP helps survivors prioritize their needs and connect with organizations or people who can assist them. Although the CCP is a temporary disaster relief program, it leaves behind a permanent legacy of more adaptive coping skills, educational and resource materials, and enhanced community linkages.

### For More Information

Contact Annette Quam, Crisis Counselor/Outreach Worker at 361-777-3991 or call us toll free at 1-888-819-5312

[coastalplainsctr.org](http://coastalplainsctr.org)

To locate more community resources in your area visit [211texas.org](http://211texas.org)



### COVID-19 Mental Health Support Line

1-833-986-1919

### SAMHSA Disaster Distress Helpline

1-800-985-5990

### CPCC Crisis Hotline

1-800-841-6467



# Crisis Counseling Program

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RECOVERING TOGETHER

**Working Together To Overcome COVID-19**

**Coastal Plains Community Center**

### OUR MISSION

Enhancing personal growth in our community through support, guidance, education and advocacy.

# CCP Goals and Principles

The CCP helps people recover and rebuild their lives during the COVID-19 pandemic. The CCP supports short-term interventions that involve the following counseling goals:



- Helping those experiencing COVID-19 related hardships understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisted reviewing recovery options
- Promoting the use or development of coping strategies
- Connecting individuals with other people and agencies who can help them in their recovery process

## The CCP is:

**Strengths-based:** CCP services promote resilience, empowerment, and recovery.

**Anonymous:** Crisis counselors do not classify, label, or diagnose people. No records or case files are kept.

**Outreach-oriented:** Crisis counselors deliver services in the communities rather than wait for survivors to seek their assistance.

**Designed to strengthen existing community support systems:** The CCP supplements, but does not end or replace, existing community systems.

# Services

**Individual Crisis Counseling:** Helping individuals understand their reactions, improve coping strategies, review their options, and connect with other individuals and agencies that may assist them.

**Basic Supportive or Educational Contact:** General support and information on resources and services available to disaster survivors.

**Public Education:** Information and education about typical reactions, helpful coping strategies, and available disaster-related resources.

**Community Networking and Support:** Relationship building with community resource organizations, Faith-based groups, and local agencies.

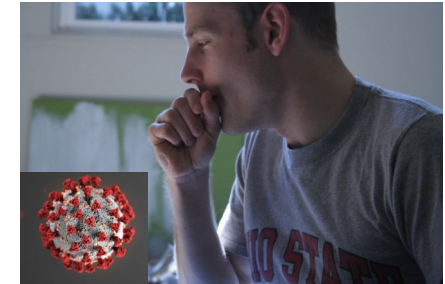
**Assessment, Referral, and Resource Linkage:** Adult and child needs assessment and referral to additional disaster relief services or mental health or substance abuse treatment.

**Development and Distribution of Educational Materials:** Flyers, brochures, tip sheets, educational materials, and Web site information developed and distributed by CCP staff.

**Media and Public Service Announcements:** Media activities and public messaging in partnership with local media outlets, State and local governments, charitable organizations, or other community brokers.



# Are You Sick?



Symptoms of **COVID-19** may show up **2-14 days** after exposure and may include **fever, cough and shortness of breath**. If you are in generally good health and have a mild illness, stay home and take care of yourself like you would for the flu.

If symptoms worsen, **call your doctor**. If you are 65 years or older and/or have other medical problems like heart disease, lung disease, diabetes, high blood pressure or cancer – and have fever or symptoms - **call your doctor**. If you are not sick enough to be hospitalized, you can recover at home.

**If you are unable to see your primary care physician contact the following locations for more information.**

**Public Health Region 11 (Aransas, Bee, Brooks, Duval, Kenedy, Kleberg, Live Oak and Jim Wells counties):** 956-423-0130

Hotline: 956-421-5505

**San Patricio—Public Health Preparedness**  
361-587-3531

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.