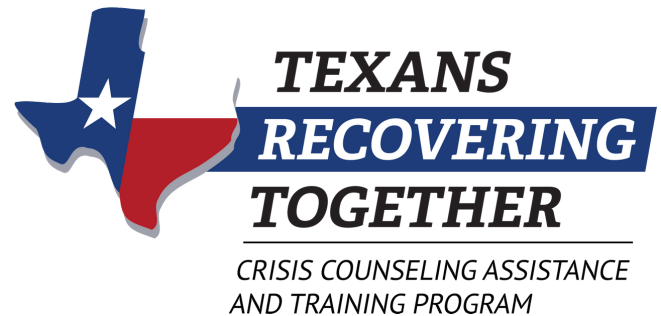


# Is COVID-19 Causing Stress?

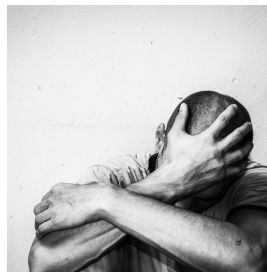
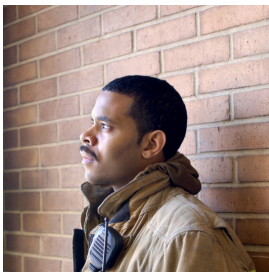
## There is Help.

My Health My Resources of Tarrant County (MHMR) is offering **FREE** short-term crisis counseling and stress management to individuals and groups in Tarrant and Denton counties impacted by the COVID19 pandemic as part of the Texans Recovering Together initiative.



Access to **FREE** crisis counseling is available by calling or texting the MHMR ICARE Call Center at **817-335-3022**.

Trained mental health professionals are available 24/7/365.



To learn more about our support groups or schedule a presentation, email [COVIDhelp@mhmrctc.org](mailto:COVIDhelp@mhmrctc.org).

### **About MHMR:**

My Health My Resources (MHMR) has been a provider of quality mental health and intellectual and developmental disability services in Tarrant County since its inception in 1969. It is the second-largest community center in Texas, offering services in the areas of behavioral health, disability services and early childhood services.

Learn more at [www.MHMRtarrant.org](http://www.MHMRtarrant.org).

### **About Texans Recovering Together:**

The Texans Recovering Together initiative is part of the Crisis Counseling Program (CCP), which is a federally funded program administrated by the U.S. Department of Homeland Security (DHS) Federal Emergency Management Agency (FEMA) with technical assistance provided by the Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA).