



Severe Winter Weather Resources List

Disaster Behavioral Health Services

In response to the unprecedented and severe winter weather that Texans experienced in February 2021, Texas Health and Human Services has created this informational resource list.

Tips for Coping with the Emotional Impact of Severe Weather

1. Offer support to neighbors, friends and family.
2. Maintain normal routines and practice self-care, as much as possible.
3. Know when to reach out for help.
4. Focus on what you can control, including your thoughts and behaviors.
5. Remember that you are resilient and so is humankind. We will get through this.

Texas Health and Human Services contracts with 37 local mental health authorities and two local behavioral health authorities to deliver mental health services in communities across Texas.

To find a provider in your area, visit: [texasrhs.org/findtxmentalhealthservices](https://www.texasrhs.org/findtxmentalhealthservices)

Outreach, screenings, assessments and referrals are available to all people interested in substance use services.

To find a provider in your area, visit: [texasrhs.org/findtxsubstanceuseservices](https://www.texasrhs.org/findtxsubstanceuseservices)

Online Resources

- **2-1-1 Texas:**
Assistance with food, health, housing and more:
» [211texas.org](https://www.211texas.org)
- [mentalhealthtx.org](https://www.mentalhealthtx.org)
- **Texas Animal Health Commission**
» <https://www.tahc.texas.gov/emergency/naturaldisaster.html>
- **SAMHSA Disaster Distress Helpline:**
» <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **American Red Cross**
» [Find An Open Shelter](#)
» [Disaster Resources](#)
» [Winter Storm Safety](#)

- **Ready.gov:** Winter weather tips
» <https://www.ready.gov/winter-weather>
- **National Child Traumatic Stress Network**
» <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/winter-storm-resources>
- **Federal Emergency Management Agency**
» <https://www.fema.gov/blog/staying-safe-during-severe-winter-weather>
» <https://www.fema.gov/disaster/4586>
- Individuals and business owners in counties included in the president's declaration who sustained losses can begin applying for assistance by registering online at [disasterassistance.gov](https://www.disasterassistance.gov) or by calling **800-621-3362** or **800-462-7585 (TTY)**.

Common Signs of Stress

Physical/Medical

- Headaches
- Stomach problems

Behavioral

- Isolating/withdrawing from others
- Increased conflicts
- Easily startled, tearfulness
- Increased alcohol or drug use

Feelings

- Angry or irritable
- Depressed
- Anxious or fearful
- Hopelessness, despair
- Decreased interest in activities
- Easily upset
- Increased stress

Thoughts

- Distressing dreams/nightmares
- Disturbing thoughts/images
- Difficulty concentrating
- Difficulty remembering things
- Suicidal thoughts/feelings

Phone Resources

Local disaster assistance: 2-1-1

Local fire, police & EMS: 9-1-1

Texas Abuse Hotline: 800-252-5400
[txabusehotline.org](https://www.txabusehotline.org)

SAMHSA Disaster Distress Helpline: 800-985-5990

Heroes Helpline: 833-367-4689

Centers for Disease Control and Prevention:
800-232-4636

Crisis Text Line: Text "START" to 741741

Domestic and Sexual Abuse Hotlines

- **Domestic violence:** 800-256-0551
- **Rape crisis:** 800-256-0661
- **National hotline:** 800-799-7233
- **National hotline TTY:** 800-787-3224

Veterans Crisis Line: 800-273-8255, press 1

