

STAY GROUNDED USING YOUR 5 SENSES!



Identify 5 things
you can see



Identify 4 things
you can touch



Identify 3 things
you can hear



Identify 2 things
you can smell



Identify 1 thing
you can taste

TEXANS RECOVERING TOGETHER CRISIS COUNSELING PROGRAM IS HERE TO SUPPORT YOU THROUGH COVID-19 AND THE WINTER STORM DAMAGES!

Local Referral Line:
(817)-579-4483

Email:
TRT@PECANVALLEY.ORG

Texas COVID-19 Mental
Health Support Line:
(833)-986-1919

Pecan Valley 24-hour
Crisis Hotline:
1-(800)-772-5987

