Have you been affected by Hurricane Harvey?

Are you looking for mental health services?

Project Reach

Impact of Hurricane Harvey

Hurricane Harvey affected Houston and neighboring areas in a profound way. Though the community is rebuilding, many are still struggling with the emotional and mental effects of the storm. Mental health issues continue to affect thousands of flood victims, many of whom have limited resources to seek help.

The goal of Project Reach is to provide mental health services to those who have been impacted by Hurricane Harvey and its aftermath.

Project Reach Team Members

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Project Reach is funded by the Hurricane Harvey Relief Fund.
Who can receive services?

Project Reach is a program funded by the Hurricane Harvey Relief Fund for children and adults who have been emotionally impacted by Hurricane Harvey and are looking for mental health services.

You may be able to receive services if you:

• enrolled or willing to enroll at Harris Health System
• are experiencing feelings of sadness, anxiety, worry, anger, or other emotions

A glimpse at services

Patients receiving services through Project Reach will receive weekly sessions of cognitive behavioral therapy or CBT. Individuals also have access to a team psychiatrist for medication consultation.

Cognitive Behavioral Therapy
Therapists will be using a form of CBT called the Unified Protocol, designed to help people with emotional disorders, including anxiety, depression, post-traumatic stress disorder, and obsessive-compulsive disorder.

How is it different from other therapy?
The Unified Protocol:

• addresses many different emotional problems at the same time
• teaches you to better understand your emotional experiences
• helps you to understand how the way you behave or think may affect your symptoms
• offers you skills to help manage these symptoms when they arise

Where to start

If you are interested in receiving services through Project Reach, call (832) 206-4034 or speak with your Harris Health provider. You will be pre-screened by Project Reach staff, either over the phone or at our facility. This initial conversation will help staff determine if the services offered through Project Reach may be a good fit for you. All Project Reach services are optional.

Talk to a staff member today to see if Project Reach is right for you.
(832) 206-4034 or projectreach@bcm.edu