

Project *HEART*

Harvey Emotional Assistance & Recovery Therapy



Did you experience Hurricane Harvey?

Are you having feelings of nervousness, worry, sadness, or stress?

Have you lost interest in things you once enjoyed?

- We are offering **free** evidence-based counseling for adults 18 and up
- Therapy will be provided using telehealth services (using Wi-Fi enabled computer or phone) directly in your home

For more information on Project *HEART*, please contact Andrea Grizzle at ProjectHeart@BCM.edu or (713)798-1916.



**American
Red Cross**

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