

We are here to **support you.**



Are you feeling isolated or disconnected?
Having trouble sleeping?
Feeling depressed?
Suspect you've been mistreated, abused, or neglected?

Treatment can help improve symptoms, build resiliency, manage stress, learn coping skills and strengthen relationships with family and friends. We are here to support you.

We offer treatment at reduced or no cost, directly into patients' homes via telemedicine to patients 60 or older.

Please call 713-486-2630 to schedule an appointment.



UTHealth Trauma and Resilience Center | TRC

The TRC is a multidisciplinary treatment, research, and education center **devoted to helping people who are experiencing psychological problems in the aftermath of traumatic life experiences.** We offer evidence-based, trauma-focused care for patients struggling with:

- complex trauma
- post-traumatic stress disorder (PTSD)
- trauma-related behavioral health conditions

Our team of experienced faculty and staff members of the UTHealth Trauma and Resilience Center in the Department of Psychiatry include psychologists, social workers, and licensed counselors skilled in treating trauma-related mental health needs as well as other psychological needs related to abuse and neglect.

