

Recovery starts with reaching out.

Are you or your loved one experiencing trouble sleeping, feeling anxious, depressed, withdrawn, on guard, or having difficulty managing daily stressors and relationships as a result of experiences while serving as a first responder?

Seeking help is not about weakness, it is an incredible act of courage, strength, and character.

Being deeply impacted by experiences related to military service is to be expected. You and your family are not alone. Treatment can help improve symptoms, build resiliency, manage stress, learn coping skills and strengthen relationships with family, friends, and coworkers. We are here to support you and your loved ones.

We offer treatment at reduced or no cost, directly into patients' homes via telemedicine to first responders (police, fire, EMS), their spouses, and children.

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 experiences while on duty as a first responder.

