Gil Taylor Behavioral Health Series

Kevin Hines
Suicide Survivor. Storyteller. Filmmaker.

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Gil Taylor
DEPRESSION Awareness Alliance

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Gil Taylor Behavioral Health Series
Free, Anonymous Counseling
Schedule a short-term counseling appointment

Call toll free at (866) 576-1101 or visit hotRMHMR.org/services/texans-recovering-together

Gil Taylor Behavioral Health Series
Know the Five Signs of Emotional Suffering

Personality Changed? Feeling Agitated?
Feeling Withdrawn? Poor Self-Care?
Feeling Hopeless?

#ChangeDirection ChangeDirection.org

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Give an Hour 
Giving Help and Hope

the campaign to
change direction.
Healthy Habits of Emotional Wellbeing

- Take Care
- Check In
- Engage
- Relax
- Know Five Signs

#ChangeDirection  ChangeDirection.org

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Suicide Prevention Coordinators at VA Medical Centers can provide gun locks to secure firearms in the home.

No questions asked.
VA RESOURCES

- **Mental Health** – [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov) – VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable people with mental health problems to live a meaningful life in their community and achieve their full potential.

- **Vet Centers** – [www.vetcenter.va.gov](http://www.vetcenter.va.gov) – Vet Centers are VA community-based centers that provide a range of counseling, outreach, and referral services.

- **Coaching Into Care** – [http://www.mirecc.va.gov/coaching/services.asp](http://www.mirecc.va.gov/coaching/services.asp) or call 888-823-7458 to reach a coach. A free, confidential “coaching” service provided by VA that helps Veterans’ family members and friends to recognize when a Veteran needs support and to connect them with local resources.

- **Community Provider Toolkit** – [http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp](http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp) – VA’s Community Provider Toolkit offers Mini-Clinics, an online resource that enables clinicians to easily access information and tools for treating Veteran patients with various mental health conditions. These online “clinics” contain tools for assessing patients for these conditions and training clinicians to treat those patients, as well as educational handouts.

- **PTSD** – [www.ptsd.va.gov](http://www.ptsd.va.gov) – Each VA Medical Center has specialists who provide treatment for Veterans with posttraumatic stress disorder. The PTSD Coach application allows phone users to manage their symptoms, links them with local sources of support, and provides information on PTSD. [www.ptsd.va.gov/public/pages/PTSDCoach.asp](http://www.ptsd.va.gov/public/pages/PTSDCoach.asp).
Veterans Crisis Line

1-800-273-8255
PRESS 1

- Veterans
- Service members
- Family members
- Friends

Confidential chat at VeteransCrisisLine.net or text to 838255
Mental Health Applications

- Mindfulness Coach
- Breath2Relax
- Virtual Hope Box
- Moving Forward
- Relax Melodies
- Nature Sounds Relax and Sleep
- MOVE! Health Coach
- CPT Coach
- ACT Coach
- Covid-19 Coach
- Stay Quit Coach (for Tobacco Cessation)
- Insight Timer
Offering 24-hour Daily Crisis Care
- Adult Mental Health
- Child Mental Health
- Early Childhood Intervention
- Intellectual Disabilities
- Veteran’s Support Services
- Group and Individual Therapies

Community Partner Referrals
- Psychiatric and Medication Management
- Links and Resources
- Mental Health First Aid Training
- COVID-19 Related Care through Texans Recovering Together

24/7 – Crisis Hotline:
1-866-752-3451
Local – 254-752-3451 (main line)
https://www.hotrmhmr.org
Heart of Texas Counseling Center
2800 Lyle Ave
Waco, TX 76708

Virtual Group:
Survivor of Suicide Attempt

Featuring:
• Crisis Response Planning
• Mindfulness
• Giving and Receiving Support
• Addressing Stigma
• Reasons for Living
• Identifying Suicidal Thoughts
• Resources
• Effective Coping Skills

• Have you made an attempt to harm yourself?
• Do you continue to struggle with thoughts of suicide?
• Would you like to join a group that offers hope and reduces isolation?

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Join us for the rest of the Gil Taylor Behavioral Health Series

October 30  H. Jean Wright II, PsyD  
Find Strength in Your Struggle: A Faith-Based Approach to Wellness

November 6  Joe Padilla  
Cofounder & CEO of The Grace Alliance

Visit baylor.edu/externalaffairs/giltaylor to register today!