

BRANDON CREIGHTON

STATE SENATOR



DISTRICT 4

Dear Texans,

Covid 19 is a crisis unlike others that we have faced in the past. We are all worried about the spread, the economic toll, and working through a new normal with schools closed and working from home.

Millions of Texans suffer with mental health, and the uncertainty we are navigating now is compounding existing challenges, and creating new ones from isolation and anxiety. Many of us are trying to find ways to talk to our children about what is going on, and too many are unable to see friends, coworkers and family members who give us a sense of community.

If you or a loved one are struggling, please get help. Below I have included several resources for addiction and mental health that you can access online. If I can help you get help, please do not hesitate to email me at Brandon.Creighton@senate.texas.gov.

Please remember, social distancing does not mean social isolation!

God Bless Texas,



Capitol office (Austin): 512-463-0104

The Woodlands District office: (281) 292-4128

Beaumont District office: (409) 838-9861

Talking to Your Children about Covid 19



Healthy Habits during Social Distancing



Texas State of Mind Resources during Pandemic



Texas Health & Human Services Help Line



Coping with Anxiety during Covid 19



Dealing with Addiction during Covid 19



Senate District 4
Public Health Department Website and Contact Number

[Harris County](#)

Health Department Mainline : [\(832\) 927-7575](#)

[Montgomery County](#)

Health Department Mainline : [\(936\) 523-5020](#)

[Chambers County](#)

Health Department Mainline: [\(409\) 267-2731](#)

[Jefferson County](#)

Health Department Mainline : [\(409\) 835-8530](#)