



For more information, contact:
Deborah Mower
816-994-1519
dmower@ndbh.com

New Directions Behavioral Health Offers Emotional Support to Gulf Coast Community
Free help line available to those affected by Hurricane Harvey

Houston, Texas – August 29, 2017 – New Directions Behavioral Health (New Directions), which manages mental health services for several regional health plans, is offering emotional support to individuals and loved ones affected by Hurricane Harvey.

That support includes community access to specially trained behavioral health counselors via a 24-hour, toll-free help line as well as online resources.

To speak with a New Directions trained counselor for emotional support, call the free help line at 800-843-6514.

To access helpful information and online resources for coping with trauma and stress, visit <http://tinyurl.com/HarveyResources>.

Licensed clinicians are available to speak to anyone in the Texas and surrounding Gulf Coast community free of charge. They can help people with feelings of stress, anxiety, trauma and grief due to the damaging effects of the storm. The emotional support is offered to English-speaking and Spanish-speaking individuals, and does not require insurance. Callers may also receive referrals to community resources to help them with emergency services (shelter, clothing, food, financial, etc.).

About New Directions

Founded in 1995, New Directions helps people live healthy, balanced lives. The fast-growing health care company provides managed behavioral health services, an employee assistance program (EAP), student assistance program, organizational consulting, and health coaching to private and public health plans, Fortune 100 companies, large and medium employers, and labor groups. For more information, visit ndbh.com.