

AUGUST 2025



EMC MONTHLY

NEWSLETTER



ROOTED IN CARE, POWERED BY PURPOSE

Community impact, mental wellness tips, and back-to-school support from the EMC Team

This August, EMC Behavioral Health stands at the heart of service, support, and strength. From rallying around flood-impacted families in Central Texas to offering free counseling through the EMC Cares campaign, the team continues to lead with compassion and action.

As the school year kicks off, many families are adjusting to new routines and added responsibilities. Inside this issue, you will find practical tips to ease the transition, highlights from our community outreach, and updates on the impact of recent events.

Every effort reflects our mission. We serve with empathy, promote wellness, and stand with those in need. Thank you for being part of the story.

EMC in the Community: Marketing in Action

Our Marketing and Outreach Team recently hosted a Lunch and Learn with Corridor Pediatrics, the only pediatric clinic serving San Marcos. The event served as a key opportunity to expand access to behavioral health services for youth in the area.

Flyers were distributed and services introduced to 15 physicians and 15 nurses. One-on-one conversations took place with over half of the attendees. Each provider expressed a strong demand for accessible mental health care in the region, especially for Spanish-speaking families and those using Medicaid.

Following the event, Corridor Pediatrics referred three families for services. One nurse also expressed interest in support for a family member in need of counseling.

Corridor Pediatrics has now added the EMC team to its official referral sheet! This partnership strengthens the behavioral health support network for families in San Marcos.



Additionally, our outreach team recently attended the Texas State Networking Event in Round Rock, Texas. The event created several new partnership opportunities and helped reinforce existing relationships.

Connections were made with five prospective partners, including two private organizations, two public agencies, and a nonprofit. These conversations opened the door for future collaboration focused on mental health access and community support.

The team also engaged with representatives from the Texas State Counseling Centers, including the full San Marcos team and the Director of the Round Rock center. These meetings helped deepen ties with campus mental health providers and align outreach efforts moving forward.

This event marked a meaningful step in growing connections throughout the Central Texas region.

EMC in the Community: Coming Together for Central Texas

The devastating flash floods that struck Central Texas this summer left families across the Hill Country region in urgent need of support. In response, EMC Behavioral Health launched the Hill Country Flood Speed Drive to provide relief as quickly and effectively as possible. Partnering with United Methodist in San Marcos and the Together for Texas initiative in Houston, the team organized a coordinated effort to meet immediate needs and deliver meaningful help to those affected.

Through generous staff donations and financial support, EMC funded 50 care packages filled with essential cleaning supplies. Each package included items such as disinfectant spray, bleach, gloves, scrub brushes, paper towels, trash bags, and personal hygiene products. These packages were delivered directly to households working to clean and restore their homes after the floodwaters receded.



In addition to the care packages, the team donated seven wagons packed with emergency relief items. These wagons were filled with bottled water, non-perishable food, baby food, diapers, baby wipes, first-aid kits, blankets, flashlights, batteries, dog food, and other basic supplies.

Alongside these efforts, other donations poured in from staff and community members including toiletries, new socks and undergarments, and children's books and toys ensuring that families received not only practical support but also a reminder that they were seen and cared for.

The Hill Country Flood Speed Drive reflects the heart of EMC's mission: to serve with empathy, compassion, and a deep commitment to community care. Thank you to every person who contributed to this effort. Your support made a direct and lasting impact on our neighbors in crisis.

EMC Cares: Rebuilding Hope, Restoring Hope, Together

If you or someone you love has been impacted by the recent July 2025 flooding in Kerrville and surrounding counties, you are not alone, and you don't have to navigate this recovery alone. At EMC Behavioral Health, we recognize that healing after a disaster goes beyond repairing buildings. It's about rebuilding your peace of mind, your relationships, and your sense of security. That's why we've launched **EMC Cares**, a special relief initiative offering **free trauma-informed counseling services** now through **September 22, 2025**.

Our program provides up to three free counseling sessions per person. There is no insurance required, no payment involved, just access to the emotional support you deserve. Services are delivered by licensed mental health professionals with specialized training in trauma-informed care, ensuring that each session is both compassionate and effective. You can choose to attend sessions virtually through secure phone or video calls, or in person at our Houston office, depending on what feels most comfortable for you. We proudly offer care to individuals of all ages, including children, teens, adults, and seniors, and provide bilingual services in both English and Spanish to meet the needs of our diverse community.

These services are available to anyone directly or indirectly impacted by the flooding. Whether you are an individual, part of a family, or a first responder coping with the emotional toll of service, EMC Cares is here for you. We also welcome teachers and school staff who may be navigating the unique challenges of supporting students during a time of disruption. Even if you haven't lost a home or a loved one but feel overwhelmed, anxious, or stuck, you still qualify. Emotional impact doesn't always show on the surface, and every response is valid.

Support is available now through **September 22, 2025**. For those seeking in-person services, we are located at **8711 Hwy 6 North, Houston, TX 77095**, with appointments available Monday through Friday. Virtual counseling is also offered via phone or video from **Monday to Saturday, 1 PM to 8 PM**, making it easier to get help no matter your schedule or location.

Getting started is simple. You can register online at emcbehavioralhealth.net by filling out a short intake form. You can also call our team directly at **(346) 377-6650** between **9 AM and 8 PM** to be matched with a counselor.

Let's take the first step together. Whether you're grieving, anxious, or simply unsure how to move forward, help is here, and it's free. You don't need to carry this alone.

WELCOME TO OUR

Wellness Corner



Managing the Shift

As summer winds down, families everywhere are shifting gears. The transition from relaxed days to school routines can feel overwhelming. In this section, we're focusing on how to ease the stress of this seasonal change and protect your mental health along the way. Whether you're a parent, student, or educator, small steps can make a big difference.

Protect your mental health this back to school season...

The start of the school year brings change. New routines. New expectations. New pressures. For students, parents, and educators, this shift can cause stress and emotional fatigue. Without support, those pressures can lead to burnout.

Back-to-school season often disrupts the slower pace of summer. Families face earlier mornings, tighter schedules, and greater demands. The cost of school supplies and activity fees adds financial pressure. Students may worry about academics or social situations. Parents feel stretched balancing work, home, and school. All of these factors layer into a stressful environment.

Stress doesn't always show up as worry. It can look like irritability, withdrawal, or poor sleep. You might feel exhausted even after resting. Headaches, tension, or stomach issues are common. Some find it harder to focus, remember tasks, or keep organized. These are all signs your mental health needs attention.

Tips to Stay Grounded

- Plan ahead. Use a shared calendar to keep up with schedules.
- Simplify mornings. Prep bags, lunches, and outfits the night before.
- Build routine. Set consistent wake-up and bedtime hours.
- Talk it out. Encourage honest conversations about stress or worries.
- Protect your time. Leave room for family, rest, and connection.

Support Your Mental Health

- Move your body. Even short walks improve mood and energy.
- Breathe intentionally. Practice deep breathing to slow racing thoughts.
- Stay connected. Don't isolate. Lean on your community.
- Reach out. If stress feels unmanageable, seek professional help.

“You can't pour from an empty cup. Taking care of your mental health is part of showing up for others.”

Back-to-school season doesn't have to drain you. With intention and support, your family can approach this season with balance and calm. EMC Behavioral Health is here if you need us. Our team is ready to support you, your child, or your household through the transitions ahead.