

Texas Reentry Center
Mental Health & Recovery Guide
Stability • Safety • Community • Long-Term Healing

INTRO

Reentry hits every part of your mental health at once: stress, guilt, pressure, money, family, past trauma, new expectations, and a system that moves slow until it suddenly doesn't.

This guide gives you simple, practical steps to stabilize your mind, find support, get treatment, and stay on track without drowning.

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MENTAL HEALTH BASICS FOR REENTRY

- You are not weak for needing help
 - Your brain is adjusting to freedom, stress, and change
 - Sleep, food, routine, sunlight, and hydration matter
 - Isolation makes everything worse
 - Consistency beats motivation every time
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CRISIS OPTIONS

If you feel unsafe or overwhelmed:

- **988 Suicide & Crisis Lifeline**
 - **MHMR Crisis Line** (every county has one)
 - Hospital ER (mental health evaluated 24/7)
 - Crisis respite centers
 - Peer-run warm lines
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MHMR SERVICES (YOUR COUNTY MENTAL HEALTH AUTHORITY)

Every Texas county has an MHMR center offering:

- medication management
- therapy
- crisis evaluation
- substance use treatment
- psychiatry
- case management
- IDD services
- housing referrals
- peer support

Find your MHMR here:

<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

HOW TO GET A PSYCH OR THERAPY APPOINTMENT

Steps:

4. Call MHMR intake
5. Ask for an assessment appointment
6. Bring ID or release paperwork (they accept both)
7. Tell them if you need medication refills
8. Ask about fee assistance or sliding scale
9. Follow up weekly if appointments are delayed

5. **MEDICATION ACCESS**

Options if you can't afford meds:

- MHMR low-cost pharmacy
- Generic discount programs
- Walmart/HEB \$4 lists
- Prescription assistance programs
- ER bridge prescriptions

If you were on meds before incarceration, tell MHMR EXACTLY which ones.

SUBSTANCE USE RECOVERY (HONEST + PRACTICAL)

Recovery looks different for everyone.

Options:

- AA / NA
- SMART Recovery
- Celebrate Recovery
- MAT programs (Suboxone / Methadone)
- Intensive Outpatient (IOP)
- Detox centers
- Sober living
- Peer recovery coaches

If you relapse:

Tell someone safe.

Don't disappear.

Get back to treatment quickly.

PEER SUPPORT

Peers = people who've been through it.

They offer:

- support groups
 - coping tools
 - harm reduction
 - relapse prevention
 - social connection
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MANAGING TRIGGERS

Common triggers in reentry:

- stress
- old friends
- family conflict
- financial pressure
- loneliness
- "failure feelings"

Tools:

- breathing exercises
 - grounding techniques
 - remove yourself from the situation
 - talk to someone you trust
 - ask for help BEFORE crisis
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BUILDING A ROUTINE

Basic stability routine:

- wake up same time
 - eat 2–3 meals
 - take meds
 - get sunlight
 - 10–20 minutes movement
 - one task per day toward goals
 - keep bedtime consistent
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WHAT TO TELL PROVIDERS

Providers need:

- symptoms
- sleep
- appetite
- stress level
- past diagnoses
- substance use
- triggers
- medication reactions

You do NOT need to:

- tell your life story
 - justify your trauma
 - apologize for needing care
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WHEN YOU CAN'T AFFORD CARE

Options:

- MHMR low/no cost programs
 - Medicaid
 - MAP (if available)
 - Federally Qualified Health Centers
 - Nonprofit counseling centers
 - Recovery groups
 - ER stabilizations
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SCAMS TO AVOID

- ✗ Fake therapy “apps”
 - ✗ People selling meds
 - ✗ Private rehabs demanding cash upfront
 - ✗ “Guaranteed recovery” programs
 - ✗ People offering diagnosis letters secretly
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WHEN TO USE THE CHATBOT

Ask it for:

- grounding techniques
 - crisis planning
 - MHMR locator
 - scripts for talking to doctors
 - coping tools
 - relapse prevention plans
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LINKS & HOTLINES

988 Suicide & Crisis Line

<https://988lifeline.org>

SAMHSA Treatment Locator

<https://findtreatment.gov>

Texas MHMR Crisis Services

<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>