

Get to know

Healthy Minds Healthy Communities

Equipping community members with tools and training to support each other, strengthening community behavioral health and resiliency.

What is community initiated care?

“Community Members leading the way to support the emotional wellness of their neighborhoods.”

Who We Are

The Healthy Minds, Healthy Communities initiative was created in response to the mental health impacts of COVID-19 to:

- Support overall emotional wellness
- Help communities strengthen and grow existing support systems
- Build new networks to emotional health providers
- Find new ways to break down stigmas around mental health

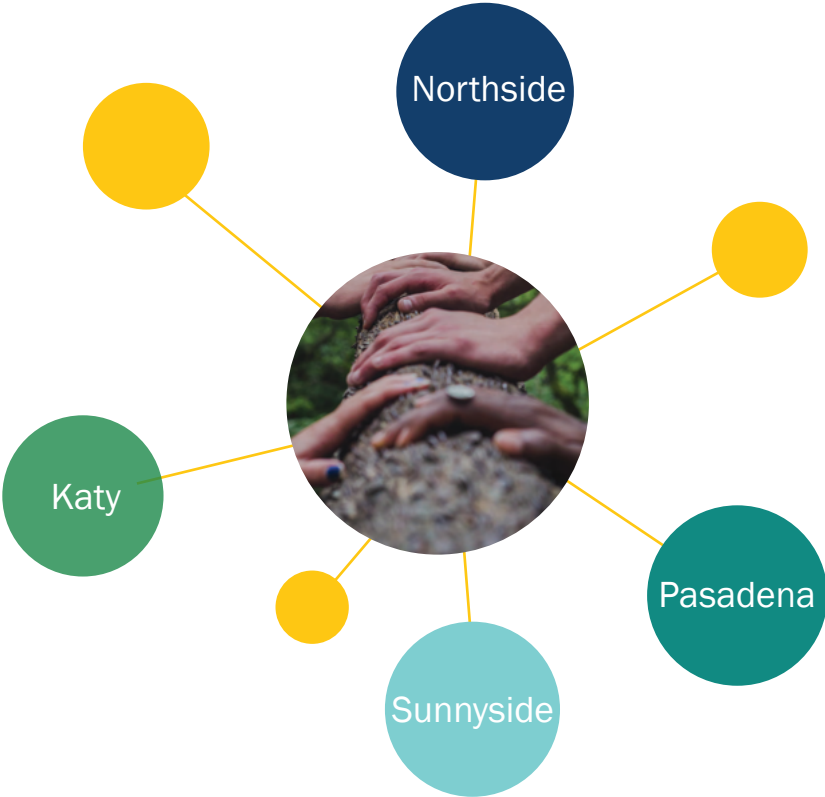


WHY CIC?

- Community Based & Centered
- Comprehensive
- Based on Needs
- Evidence-Based
- Racially and Ethnically Appropriate
- Long Lasting Results

Focus Neighborhoods

| | |
|-------|--------------------------------|
| 77093 | Eastex-Jensen |
| 77504 | Pasadena |
| 77022 | Northside/Independence Heights |
| 77076 | Northside |
| 77090 | Cypress Station |
| 77060 | Greater Greenspoint |
| 77033 | Sunnyside/South Park/OST |
| 77091 | Acres Homes |
| 77038 | Fallbrook/West Rd. |
| 77450 | Katy |



Meeting communities where they are.

For any additional questions, please email info@harriscountymhmc.org.

@HarrisCountyHMHC | @HarrisCtyHMHC



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