

# texas after violence project

**Having a family member on death row is hard. Losing a family member to execution is devastating.** It can feel like there is no one who understands your feelings and how you are affected by this experience.

**Maybe you have thought about trying to seek help from a counselor/therapist** but have worried that they would judge you or that they wouldn't be familiar with what family members of individuals on death row go through and that you would have to do all the explaining and educating, rather than focusing on your own need for support.

## **Now there is help available**

from licensed mental health professionals who have received training in working with family members of individuals who have been sentenced to death or executed. They can provide safe, supportive counseling to a wide range of family members (including but not limited to parents, siblings, children, spouses, grandchildren, nieces/nephews, cousins, aunts/uncles).

Some of these professionals accept insurance, some offer a sliding scale according to what you can afford, and some are able to offer counseling at no charge because funding from grants covers their work. Whatever the case, they will work to make counseling possible for you and other family members. Since the start of the COVID-19 pandemic, many counselors have been using a video chat platform rather than meeting in person, so location is not an issue as long as you or another family member seeking help live in a state where the counselor is licensed. **Right now, most of our trained counselors are licensed in Texas; we also have small number licensed in Oklahoma, Ohio, Kentucky, South Carolina, California, Florida, Utah, and New York.**

To learn more, and if you would like to access this help, contact us by email at [treatment@texasafterviolence.org](mailto:treatment@texasafterviolence.org) or by text or voice at 512-931-1488 and we will put you in touch with one of these trained counselors.

To read more about our 2019 report *Nobody To Talk To: Barriers to Mental Health Treatment for Family Members of Individuals Who Have Been Sentenced to Death or Executed*, visit the Access to Treatment page on the [texasafterviolence.org](http://texasafterviolence.org) website. We developed trainings in this area for mental health professionals so that family members like you can have *somebody* to talk to.