Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

http://disasterdistress.samhsa.gov

Substance Abuse and Mental Health Services Administration

SAMHSA

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Having Trouble Coping After a Disaster?

Talk With Us.

Having Trouble Coping?

After a disaster, many survivors (including children and teens), loved ones of victims, or first responders are at risk for distress. It's important to know when to ask for help. Signs of stress related to disaster may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than you should
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Yelling or fighting with family and friends
- Having thoughts and memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

If you are experiencing any of these symptoms and they are making it hard to get things done, get through your day, or are getting worse, please call or text:

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