

Floods & Mental Health



Floods are a common natural disaster that can happen at any time of year, in every part of North Carolina. There are many types of floods, including flash floods, river floods, dam breaks and surges along coastal counties. They can be caused by heavy rains, large storms or other impacts, and are dangerous whether someone is at home, outside or driving.

Since floods can happen slowly or suddenly, it's normal to feel overwhelmed when thinking about how to prepare or what to do after. Resources are available to help people navigate mental and emotional health needs for themselves or a loved one before, during and after a flood.



Ways to support mental and emotional health as you prepare for a flood

- Build an emergency kit; include important documents and keep medications filled
- Make a plan to stay in touch with loved ones
- Check if you have flood insurance or other options to protect your valuables
- Check the flood risk where you live:
[Flood.nc.gov](https://www.flood.nc.gov)
- Check weather and emergency alerts only as needed
- Enjoy favorite, stress-relieving activities
- Continue recommended medications and treatments
- Find mental health support if you're struggling

RESOURCES

- Flooding in NC: [Bit.ly/ReadyNCFloods](https://bit.ly/ReadyNCFloods)
- Preparation: [Ready.gov/Floods](https://www.ready.gov/floods)
- Make a Game Plan: [Ready.gov/Plan](https://www.ready.gov/plan)
- Flood Insurance:
[FloodSmart.gov/flood-insurance](https://www.floodsmart.gov/flood-insurance)
- Emergency Alerts:
[NCDPS.gov/emergency-alerts](https://www.ncdps.gov/emergency-alerts),
[Weather.gov/afc/FloodSafety](https://www.weather.gov/afc/FloodSafety)
- Flood Safety: [Rdcross.org/48yaiO4](https://www.rdcross.org/48yaiO4)
- Free, 24/7 Disaster Distress Helpline:
800-985-5990
(Use videophone for ASL)
- Disability-Specific Guidance:
[Ready.gov/Disability](https://www.ready.gov/disability)
- Disabilities & Disaster Safety:
[Rdcross.org/42KwumV](https://www.rdcross.org/42KwumV)
- Caregiver Guidance:
[Ready.gov/Caregivers](https://www.ready.gov/caregivers)

Print or screenshot this information to have on hand.

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Floods & Mental Health



Natural disasters can be traumatic for individuals, families and communities. There is no right or wrong way to feel during or after a flood. Take care of yourself, connect with loved ones and reach out for help if you need it for yourself or another person. There are also resources to help support people living with intellectual and developmental disabilities, as well as caregivers, as they work to move forward after a flood.



Ways to support mental and emotional health after a flood

- Keep in touch with family and friends
- Know when to reach out for extra help
- Only return home when officials say it is safe and don't travel through floodwaters
- Limit substances that impact stress levels like caffeine, alcohol, tobacco & others
- Get information and updates from official sources and take regular breaks
- Stay in touch with health care providers and continue treatment and medication – make a plan for treatments that rely on electricity and travel

RESOURCES

- Emergency Information: [ReadyNC.gov](https://www.ReadyNC.gov)
- Ways to Cope: [Emergency.cdc.gov/coping](https://www.Emergency.cdc.gov/coping)
- Floods and Mental Health: [Bit.ly/SAMHSAFloods](https://www.Bit.ly/SAMHSAFloods)
- Safety Tips for Flood Clean Up: [CDC.gov/floods](https://www.CDC.gov/floods)
- 988 Lifeline: Call/text 988, [Bit.ly/988DisasterSurvivors](https://www.Bit.ly/988DisasterSurvivors)
- Guidance After a Flood: [FloodSmart.gov](https://www.FloodSmart.gov)
- Disaster Assistance: [Bit.ly/DisasterAssistanceDisabilities](https://www.Bit.ly/DisasterAssistanceDisabilities)
- Substance Use Support, Resources and Treatment: 800-662-HELP (4357), [FindTreatment.gov](https://www.FindTreatment.gov)
- NC Peer Warmline: 1-855-PEERS NC (1-855-733-7762)

While floods are common in North Carolina, they are still a difficult and stressful experience. Whether you struggle with mental health right away after a flood or later on, it's never too early or too late to ask for help! Reach out for resources and get support, NC. ❤️

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