

Man-Made Disasters & Mental Health



Man-made disasters, often incidents of mass violence, impact communities across North Carolina. These events can be traumatic as there is usually no warning and sometimes loss of life can occur. Man-made disasters can happen in both small settings and crowded spaces. The best way to manage concern over a potential event is to learn safety guidance and how to find mental health resources and support.

Ways to support mental and emotional health in case of a man-made disaster

- Be aware of your surroundings and exits
- Learn skills to help during an emergency
- Enjoy your favorite, stress-relieving activities
- Get mental health support if you're struggling
- Talk about worries or concerns: you aren't alone
- Continue recommended medications and treatments
- Limit substances that impact stress levels like caffeine, alcohol, tobacco & others

RESOURCES

- Make a Plan: [Ready.gov/Shelter](https://www.ready.gov/shelter)
- Public Safety Tips: [Ready.gov/Public-Spaces](https://www.ready.gov/public-spaces)
- Caregiver Guidance: [Ready.gov/Caregivers](https://www.ready.gov/caregivers)
- FEMA Active Shooter Guidance: [Bit.ly/FEMAActiveShooter](https://www.bit.ly/FEMAActiveShooter)
- Crime Victim Compensation Services: [Bit.ly/CrimeVictimCompensation](https://www.bit.ly/CrimeVictimCompensation)
- Disability-Specific Guidance: [Ready.gov/Disability](https://www.ready.gov/disability)
- Substance Use Support, Resources and Treatment: **800-662-HELP (4357)**, [FindTreatment.gov](https://www.findtreatment.gov)

Print or screenshot this information to have on hand.

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It's important to stay connected to others, take care of yourself and find mental health support after a man-made disaster. For instance, North Carolina communities have experienced active shooter events in recent years. Most of those impacted will need mental health support both right away and in the long term. Resources are available to help communities come together, grieve and begin to heal.



Ways to support mental and emotional health after a man-made disaster

- Stay in touch and spend time with loved ones
- Reach out to a mental health professional
- Follow safety guidance from local officials
- Continue recommended medications and treatments
- Take regular breaks from news coverage
- Limit substances that impact stress levels like caffeine, alcohol, tobacco & others
- Be kind to yourself; take time to process reactions and grief

RESOURCES

- Information and Resources: [Bit.ly/SAMHSAMassViolence](https://bit.ly/SAMHSAMassViolence)
- PTSD Information: [Bit.ly/PTSDMassViolence](https://bit.ly/PTSDMassViolence)
- Violent Crime Survivor Support: [NC-Van.org](https://www.nc-van.org)
- Ways to Cope: [MHAnational.org/coping-disaster](https://www.mhanational.org/coping-disaster)
- 988 Lifeline: Call/text 988, [Bit.ly/988DisasterSurvivors](https://bit.ly/988DisasterSurvivors)
- 24/7 Disaster Distress Helpline: 800-985-5990 (Use videophone for ASL)
- NC Peer Warmline: 1-855-PEERS NC (1-855-733-7762)
- Substance Use Support, Resources and Treatment: 800-662-HELP (4357), [FindTreatment.gov](https://www.findtreatment.gov)

It's normal to struggle with mental health right after a man-made disaster or violent event, as well as later on in your recovery. Help is always available – it's never too early or too late to reach out for resources and get support, NC. ❤️

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