

Natural Disasters & Mental Health



Natural disasters are part of life, from hurricanes and floods to wildfires and winter storms. While resources are available to support communities and help manage recovery, it's normal to be overwhelmed before, during or after a natural disaster. There is no right or wrong way to feel; some days may be okay while others call for additional care and support.



Ways to support mental and emotional health before or after a natural disaster

- Keep in touch with friends and family
- Eat well, stay active and make time to rest
- Enjoy favorite, stress-relieving activities
- Check weather and emergency alerts only as needed
- Get mental health support if you're struggling
- Continue recommended medications and treatments
- Break down to-do lists into small, easier tasks

RESOURCES

- Practice Self-Care:
[Bit.ly/DisasterSelfCare](https://bit.ly/DisasterSelfCare)
- Emotional Health: [Rdcrss.org/3Tcd6Lo](https://rdcrss.org/3Tcd6Lo)
- Caregiver Guidance:
[Ready.gov/Caregivers](https://ready.gov/Caregivers)
- Disaster Recovery:
[Rdcrss.org/3V7x8Jy](https://rdcrss.org/3V7x8Jy)
- Free, 24/7 Disaster Distress Helpline:
800-985-5990 (Use videophone for ASL)
- Substance Use Support, Resources and Treatment: **800-662-HELP (4357)**,
FindTreatment.gov
- Disability-Specific Guidance:
Ready.gov/Disability
- NC Peer Warmline:
1-855-PEERS NC (1-855-733-7762)

Print or screenshot this information to have on hand.

NC Department of Health and Human Services • NCDHHS.gov
NCDHHS is an equal opportunity employer and provider • 06/2024



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Man-Made Disasters & Mental Health



Man-made disasters, often incidents of mass violence, can impact any community in North Carolina. These events can be traumatic as there is usually no warning and sometimes loss of life can occur. It's important to stay connected to others, take care of yourself and reach out for mental health support after experiencing a disaster. Most of those impacted will need mental health support both right away and in the long term.



Ways to support 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 and take time to process reactions and grief

RESOURCES

- General Information: [Bit.ly/SAMHSAMassViolence](https://bit.ly/SAMHSAMassViolence)
- Safety Tips: [Ready.gov/public-spaces](https://www.ready.gov/public-spaces)
- Emotional Health: [Emergency.cdc.gov/coping](https://www.emergency.cdc.gov/coping)
- Ways to Cope: [MHAnational.org/coping-disaster](https://www.mhanational.org/coping-disaster)
- Crime Victim Compensation Services: [Bit.ly/CrimeVictimCompensation](https://bit.ly/CrimeVictimCompensation)
- Free, 24/7 Mental Health Resources:
 - 988 Lifeline: Call/text 988, [Bit.ly/988DisasterSurvivors](https://bit.ly/988DisasterSurvivors)
 - Disaster Distress Helpline: **800-985-5990** (Use videophone for ASL)
 - Substance Use Support, Resources and Treatment: 800-662-HELP (4357), [FindTreatment.gov](https://www.findtreatment.gov)

Whether you struggle with mental health right away after a disaster or later on, you're not alone. Help is always available – it's never too early or too late to reach out for resources and get support, NC. ❤️

Print or screenshot this information to have on hand.

NC Department of Health and Human Services • [NCDHHS.gov](https://www.ncdhhs.gov)
NCDHHS is an equal opportunity employer and provider • 06/2024



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**