

Disaster Distress Helpline

General Social Media Messages

2021



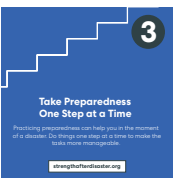
STEP 1: Try to Stay Calm

It's hard to stay calm in an emergency or crisis, but staying calm can help you feel more in control. Draw on the ways you've coped during other stressful times, and use calming techniques like controlled breathing. #DDHPrep21



STEP 2: Follow Emergency Directions

Sign up for text alerts or check social media accounts of your local emergency management agency for important information regarding a disaster in your area and follow their instructions and recommendations. #DDHPrep21



STEP 3: Take Preparedness One Step at a Time

Practicing preparedness can help you in the moment of a disaster. Do things one step at a time to make the tasks more manageable. #DDHPrep21



STEP 4: Use Your Support Network

Reach out to people you trust for emotional support if you're feeling stressed before, during, or after a disaster. If you're safe or far away from a disaster that's impacting someone you care about, reach out to them. #DDHPrep21



STEP 5: Call or Text the Disaster Distress Helpline

If you're impacted by a disaster it's okay to feel overwhelmed, anxious, or more. The Disaster Distress Helpline offers 24/7 emotional support at 1-800-985-5990. Talking with a trained counselor can help you move forward in preparedness or on the path of recovery after a disaster. #DDHPrep21



STEP 6: Read Stories of Hope and Recovery

Connecting with stories of hope & recovery after a disaster can help you feel more ready to prepare for & cope with a disaster, highlight the resilience of individuals & communities, & provide resources for other survivors & responders that may be trying to cope. #DDHPrep21



STEP 7: Connect with Others

Peer support groups are an excellent way to connect with others going through similar experiences, and can provide support for people preparing for and coping with disasters. #DDHPrep21

strengthafterdisaster.org

Disaster Distress Helpline

Call or Text 1-800-985-5990 || disasterdistress.samhsa.gov

Vibrant || **SAMHSA**
Emotional Health Substance Abuse and Mental Health Services Administration

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Emotional preparedness should be part of any disaster prep kit or go bag. Check out the Disaster Distress Helpline's Disaster Emotional Prep Kit and add it to your own go bag this #PreparednessMonth. <https://bit.ly/3kshc0g>

Is emotional preparedness in your disaster go bag? The Disaster Distress Helpline's new Disaster Emotional Prep Kit contains tips and resources for disaster behavioral health support that can be followed before, during, and after a disaster. Check it out here: <https://bit.ly/3kshc0g>

The Disaster Distress Helpline's new Disaster Emotional Prep Kit will help you add to your resiliency toolkit with action steps, coping resources, and other disaster behavioral health supports. Check it out here: <https://bit.ly/3kshc0g> #DDHPrep21

If you're struggling with difficult emotions after a #disaster, whether days, weeks, months, or even years later, know you can always talk with the Disaster Distress Helpline by calling or texting 1-800-985-5990. #DDHPrep21

How can you help a friend or loved one who's having trouble coping after a #disaster? Try checking in on them and encourage them to reach out for help. The national Disaster Distress Helpline is available 24/7/365 at 1-800-985-5990. <https://bit.ly/38fN3eW> #DDHPrep21

If you're a #healthcareworker impacted by #COVID19 and would like to offer and/or receive mutual aid and support to others in your field who may be struggling, join the national Disaster Distress Helpline moderated, members-only Online Peer Support Community on Facebook! <https://bit.ly/3fTtVI3> #DDHPrep21

Feeling out of balance, losing interest in daily activities, increased anxiety-these & other signs of distress are common among older adults during times of disaster. You're not alone: The national Disaster Distress Helpline offers 24/7 support at 1-800-985-5990. <https://bit.ly/37AHBmL> #DDHPrep21

The national Disaster Distress Helpline offers 24/7 support for anyone in the U.S. experiencing distress or other #mentalhealth concerns related to #disaster, including for #teens and young adults who are struggling to cope. Learn more by visiting disasterdistress.samhsa.gov. #DDHPrep21

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Resources

disasterdistress.samhsa.gov
strengthenafterdisaster.org/resources

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Emotional Health

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