## Disaster Distress Helpline

### General Social Media Messages 2022

<table>
<thead>
<tr>
<th>Step</th>
<th>Message</th>
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<tbody>
<tr>
<td><strong>1</strong></td>
<td>Try to Stay Calm</td>
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> 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. #DDHPrep22

| **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. #DDHPrep22

| **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. #DDHPrep22

| **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. #DDHPrep22

| **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. #DDHPrep22

| **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. #DDHPrep22

| **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. #DDHPrep22

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**Disaster Distress Helpline**

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

strengthafterdisaster.org
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/3kshcOg

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/3kshcOg

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/3kshcOg #DDHPrep22

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. #DDHPrep22

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 #DDHPrep22

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 #DDHPrep22

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 #DDHPrep22

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. #DDHPrep22

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Resources

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