

# Have you experienced a disaster?

Disasters, both human-caused and natural, may cause behavioral, emotional, and physical reactions in the people who are affected. Most people who experience a disaster, whether it's through direct or indirect exposure, are affected in some way.

## Here are some common reactions to disasters:

- Having trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing
- Noticing an increase or decrease in your energy and activity levels
- Having difficulty talking about what happened or listening to others
- Feeling anxious or fearful
- Being overwhelmed by sadness
- Feeling angry, especially if the event involved violence
- Having headaches or other physical pains for no clear reason
- Being jumpy or easily startled
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

## Are you or a loved one experiencing any of these or other reactions to a recent disaster?

FOR MORE INFORMATION on common disaster reactions as well as ways to cope with stress, check out the *Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress* at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>.

Other disaster mental health resources are also available on the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center website at <https://www.samhsa.gov/dtac> or call us at 1-800-308-3515.

# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration

PEP19-01-01-003

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.  
1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • [www.samhsa.gov](http://www.samhsa.gov)



## THERE ARE PLACES TO GO FOR HELP.

### Disaster Distress Helpline

TOLL-FREE: 1-800-985-5990 (English and español)

TTY: 1-800-846-8517

TEXT: "TalkWithUs" (or "Hablamos" for español) to 66746

### SAMHSA's National Helpline

TOLL-FREE: 1-800-662-HELP (1-800-662-4357)

(English and español)

TTY: 1-800-487-4889

### National Suicide Prevention Lifeline

TOLL-FREE: 1-800-273-TALK (1-800-273-8255)

TTY: 1-800-799-4TTY (1-800-799-4889)

### Substance Abuse Treatment Facility Locator

TOLL-FREE: 1-800-662-HELP (1-800-662-4357)

(24/7 English and español)

TDD: 1-800-487-4889