

Having Trouble Coping After a Crisis or Stressful Event?

Disaster Distress Helpline

The SAMHSA* Disaster Distress
Hotline is available for call or text
24 hours a day, 7 days a week.

It is free and confidential

PHONE: 1-800-985-5990

For languages other than English,
call 1-800-985-5990 and press 2

TEXT:

“TalkWithUs” to 66746

For Spanish: “Hablanos” to 66746

*SAMHSA: Substance Abuse and Mental
Health Services Administration
<http://disasterdistress.samhsa.gov>

Are You Stressed?

Resources for People in Disaster,
Emergency, or Crisis Situations

MDH

Minnesota
Department
of Health

When Terrible Things Happen

What Helps:

- Talk with and listen to others
- Do things that help you relax
 - Breathe deeply
 - Listen to music
 - Do things you enjoy like sports, hobbies, reading
- Move your body, exercise
- Eat healthy
- Get enough sleep
- Try to keep a normal schedule
- Learn what things stress you out
- Check in on friends and family
- Focus on what you can do instead of what you cannot do
- Take breaks from the news and social media

What Does *Not* Help:

- Smoking, drinking, or using drugs more than you should
- Avoiding thinking or talking about the event
- Avoiding family, friends, or activities
- Watching a lot of TV, and social media
- Playing a lot of computer or video games
- Doing risky things like driving dangerously or abusing substances

Psychological First Aid (PFA)

Psychological First Aid is a tool to help people reduce stress symptoms in themselves and others after a traumatic event or crisis.

<http://www.health.state.mn.us/oep/responsesystems/pfa.html>

Online Training:

Psychological First Aid: A Minnesota Community Support Model
<http://tinyurl.com/z8rt8qp>



Phone App:

Psychological First Aid Tutorial For iPhone and Android
<http://tinyurl.com/jqpsutm>



Signs of Stress Related to a Crisis

- Sleeping or eating problems
- Pulling away from people & events
- Having very little or no energy
- Feeling sore or in pain
- Feeling sad, numb, helpless, hopeless, confused, forgetful, angry, upset, worried, or scared

Warning Signs: Get Help Now!

If you, or someone you know, is talking about harming themselves or others, get help now! Contact the Disaster Distress Helpline (1-800-985-5990). Danger signs include:

- Thinking of hurting or killing yourself or someone else
- Saying things like wanting “to end it all” or “go to sleep and never wake up again”
- Giving away possessions
- Unable to perform daily tasks
- Excessive anger
- Yelling or fighting with family or friends
- Driving under the influence
- Using drugs