

Coping After a Disaster

After a disaster or traumatic event, problems may come and go. It's important to know when to ask for help. If you or someone you know is experiencing any of the following problems, please ask us for help.

Are you...



Sleeping too much or too little?



Eating too much or too little?



Feeling an overwhelming sadness?



Drinking alcohol or smoking more than usual?



Feeling angry or lashing out at others?



Not connecting with others?



You are not alone.