

COMMON REACTIONS

Common Reactions

Recovering from a traumatic event will take a long time and can be difficult. Everyone responds differently to trauma. No one is reacting in a right or wrong way – just differently. It will help your recovery process if you don't expect too much of yourself and/or others. If you or your loved one(s) are having difficulty coping during this period of uncertainty, consider seeking professional help.

Common Stress Reactions

- Shock and numbness
- Fear and anxiety about the future
- Guilt
- Anger and resentment
- Depression and loneliness
- Isolation
- Physical symptoms of distress
- Difficulty making decisions
- Nightmares and reoccurring thoughts

The Following Tips Can Help You Cope

- Re-establish old routines as much as possible
- Remember to breathe
- Maintain contact with family and friends
- Find ways to relax that do not include alcohol or drug use
- Participate in activities you enjoy
- Realize that you cannot control everything
- Stay focused on personal strengths
- Ask for help
- Think about things that give you hope

RESOURCES

Crisis Assessment Team

Emergency Psychiatric Evaluation
(866) 830-6011
7 days a week, 24 hours a day

24 Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747
www.suicidepreventionlifeline.org/

NAMI WarmLine

Non-crisis support
(877) 910-WARM or (877) 910-9276
www.namio.org
Monday - Friday, 9 a.m. to 3 a.m.
Saturday - Sunday, 10 a.m. to 3 a.m.

211 OC

Community Resources in Orange County
Dial 211
www.211OC.ORG

SAMHSA

24/7 Disaster Distress Helpline
(800) 985-5990 or
Text TalkWithUs to 66746
www.disasterdistress.samhsa.gov



Disaster and Emergency Fact Sheet

Behavioral Health Services Disaster Response

www.ohealthinfo.com/bhs



BEFORE A DISASTER

- Create and practice an evacuation plan which includes identifying safe places indoors and outdoors.
- Create an emergency supply kit for your family that includes supplies such as food, water, first aid kit, local maps, flashlight with extra batteries and any important emergency documents (e.g. birth certificates, medical records, etc.).
- Create an emergency kit for your pet that includes food, drinking water, medications, leashes and a carrier to transport your pet safely.
- Talk to your children about the disasters that are likely to happen or occur in your area and how to prepare for each type. Explain to children how and when to call for help.
- Keep emergency phone numbers where family members can find them.
- Learn about your community's emergency plans, warning signals, evacuation routes and locations of emergency shelters.
- When preparing for a disaster for people with disabilities, access and functional needs, consider creating a personal support network to include a minimum of three people who can help identify and obtain resources.

DURING A DISASTER

- Stay informed by listening to the television and radio for instructions regarding evacuations, public health concerns and safe travel.
- If an evacuation is ordered, the announcement will include information regarding evacuation routes and shelter locations.
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.

AFTER A DISASTER

- Stay connected with your support network to provide comfort and care following the disaster.
- Encourage children to talk, let them talk about the disaster and ask questions as much as they want.
- Go back to former routines as soon as possible.
- Consider the effectiveness of your evacuation plan and emergency kit. Perhaps you may need to replenish items or make changes to the plan.

