

Feeling stressed, sad,  
or worried after a  
disaster **is normal.**



**Don't be afraid to ask for help  
if you're feeling overwhelmed.**

Talk to a counselor, doctor, or clergy  
member or call SAMHSA's Disaster  
Counseling Helpline at **1-800-985-5990.**

Text **"TalkWithUs"** for English or  
**"Hablamos"** for Spanish to **66746.**



CS296646D September 24, 2018