RECOVERING AFTER A NATURAL DISASTER



Common Responses

* Feeling overwhelmed
* Increased anxiety/irritability
* Changes in view of world or self
* Engaging in high risk behaviors
* Shifts in interpersonal relationships
* Excessive anger
* Difficulty sleeping
* Grief
* Shame about “overreacting”

Resources for Support

The Disaster Distress Support Hotline

1-800-985-5990 or text **TalkWithUs** to 66747

The National Child Traumatic Stress Network

[www.nctsn.org](http://www.nctsn.org)

Trauma Healing and Recovery Center

[www.healingtraumacenter.net/hurricane-harvey-trauma-relief/](http://www.healingtraumacenter.net/hurricane-harvey-trauma-relief/)