

Disaster Emotional Prep Kit

Is emotional preparedness in your disaster go bag? The **Disaster Emotional Prep Kit** contains tips and resources for disaster behavioral health support, that can be followed before, during, and after a disaster.



1 Try to Stay Calm

It's hard to stay calm in an emergency or crisis, but staying calm can help you feel more in control. Draw on the ways you've coped during other stressful times, and use calming techniques like controlled breathing.

2 Follow Emergency Directions

Sign up for text alerts or check social media accounts of your local emergency management agency for important information regarding a disaster in your area and follow their instructions and recommendations.

3 Take Preparedness One Step at a Time

Practicing preparedness can help you in the moment of a disaster. Do things one step at a time to make the tasks more manageable.



4 Use Your Support Network

When you are safe, reach out to people you trust for emotional support if you're feeling stressed before, during, or after a disaster.



5 Call or Text the Disaster Distress Helpline

If you're impacted by any natural or human-caused disaster it's common to feel overwhelmed, isolated, or anxious; have difficulty concentrating or trouble sleeping; and other types of distress. **The national Disaster Distress Helpline 1-800-985-5990 offers 24/7 emotional support.** Talking with a trained counselor about what's on your mind can help you move forward in preparedness or on the path of recovery after a disaster.

6 Read Stories of Hope and Recovery

Connecting with stories of hope and recovery after a disaster can help us feel more ready to prepare for and cope with a disaster. It can also be comforting to learn about the resilience of individuals and communities, and to provide resources for other survivors and responders that may be trying to prepare, cope, or move forward themselves.



7 Connect with Others

Peer support groups are an excellent way to connect with others going through similar experiences, and can provide support for people preparing for and coping with disasters.

[strengthafterdisaster.org](https://www.strengthafterdisaster.org)

Disaster Distress Helpline

Call or Text 1-800-985-5990 | disasterdistress.samhsa.gov

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