

Logrando Bienestar

ACHIEVING WELL-BEING

TAKE CARE OF YOUR MENTAL HEALTH

STRESS, ANXIETY AND DEPRESSION ARE COMMON REACTIONS AFTER A DISASTER.

Signs of serious problems:

- Sleeping too much or too little
- Stomach or headaches
- Anger, irritability, tendency to verbally attack others
- Inconsolable sadness
- Constant worry
- Feeling of guilty without knowing why
- Need to keep busy all the time
- Low energy; constant exhaustion
- Increased consumption of alcohol or tobacco; illegal drugs
- Difficulty connecting with others
- Feeling that you will never be happy again

TIPS FOR MANAGING STRESS AFTER A DISASTER:

Take care. Try to eat well, avoid alcohol and drugs, and get some exercise whenever you can; even a walk around the block can help.

Talk to your Friends and family. Talk to someone you trust. Talk to your children. They may be scared, angry, sad, worried, and confused. Explain that it is good to talk about what they think and feel. Don't let them spend too much time watching news about the disaster. Help children and teens maintain a normal routine as much as possible.

Sleep well. Some people have trouble sleeping after a disaster, and others wake up several times during the night.

If you have any of these symptoms and feel that they are making it hard for you to get on with your daily life or are getting worse, call the services we mention in this booklet.

Mental health
screenings

Logrando Bienestar
805-973-5220

If you have a mental
health crisis call the
CRISIS line at
1-866-998-2243

Nationwide you can
call the SAMHSA line
1-800-985-5990

Send a text with the
message
"HABLANOS" to 66746.

