

In the Aftermath of the Hurricane (text version of graphic)

It is important to recognize that we all have different ways of reacting to stressful situations. It is normal to experience a wide range of emotions, including feeling numb or detached from others, after a natural disaster.

The most common reactions we see include an increase in irritability, difficulty expressing emotions, shortened temper and increased frustration, worry, and a change in substance use.

Common reactions to disasters, summarized here in English:

<https://www.apa.org/helpcenter/recovering-disasters.aspx>. The same information in Spanish: <https://www.apa.org/centrodeapoyo/consejos-desastres.aspx>

Ways To Cope

Practice Self-Compassion

- Give yourself time to adjust and mourn any losses
- Be patient with emotional ups and downs

Find Connection

- Spend time with friends and family
- Engage in social activities
- Take time to talk about the experience

Get Back to Healthy Habits

- Eat meals at regular times
- Try to go to sleep and wake up at the same times
- Find ways to be active

Practice Mindfulness

- 5 minutes of daily meditation can increase happiness and decrease stress

Local Crisis Services:

UNCW Counseling Center: 910-962-3746

New Hanover Regional Medical Center: 910-343-7000

Walk in Hours will be available at the counseling center Monday-Friday *when the campus reopens to students*. Counselors will provide crisis management services, resume

therapy for existing clients, and answer questions about referrals to off campus providers or how to use the EAP program (for faculty or staff).

National Resources:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

The Disaster Distress Helpline is a toll-free, multilingual crisis support service available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746). The Disaster Distress Helpline is a federally funded resource provided by SAMHSA.

Employee Assistance:

EAP services can be reached at 877-274-7342 or 800-697-0353 and their website is:

www.Guidanceresources.com

The Employee Assistance Program (EAP) is a benefit available to employees (and their dependents). The services are contracted through ComPsych EAP and include:

- confidential employee & family member assessments and self-referrals
 - management consultations and referral services
 - crisis intervention services
 - broad range of web-based resources, using an extensive network of behavioral health care providers.
-