

## **FOR COUNSELING SERVICES:**

### **GULF COAST CENTER**

*Disaster Counseling – Texans Recovering Together*

(409) 944-4436

GULFCOASTCENTER.ORG

### **FAMILY SERVICE CENTER**

**GALVESTON:** (409) 762-8636

**DICKINSON:** (281) 576-6366

FSC-GALVESTON.ORG

### **KRIST SAMARITAN COUNSELING CENTER**

(281) 480-7554

SAMARITANHOUSTON.ORG

### **COASTAL HEALTH AND WELLNESS**

(409) 938-2234 & (281) 309-0255

COASTALHW.ORG

## **FOR SUBSTANCE ABUSE:**

### **BAY AREA COUNCIL ON DRUGS AND ALCOHOL**

1-800-510-3111

BAYAREACOUNCILONDRUGSANDALCOHOL.HOMESTEAD.COM

### **GULF COAST CENTER**

(800) 643-0967

GULFCOASTCENTER.ORG

### **NATIONAL ALLIANCE ON MENTAL ILLNESS**

(800) 950-6264

NAMI.ORG

## **EDUCATION & SUPPORT:**

### **GULF COAST CENTER**

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NAMI.ORG



With time, most people recognize  
and begin to manage stress.  
If you feel overwhelmed or your reactions are severe,  
**GET HELP.**



**GULF COAST  
CENTER**  
MENTAL HEALTH • SUBSTANCE USE RECOVERY  
INTELLECTUAL & DEVELOPMENTAL DISABILITIES

**FOR CRISIS AND EMERGENCY SERVICES ONLY**  
**866-729-3848**

## **Managing Stress After A Disaster**

THERE IS HOPE AND HELP



GALVESTONCOUNTYRECOVERS.ORG



## YOUR LOCAL COMMUNITY PARTNERS AND AGENCIES UNDERSTAND THAT

managing stress, decision-making and self-care can be difficult, and finding the time to take care of yourself might feel **impossible**.

But you aren't alone.

**WE ARE HERE TO HELP!**

### **GALVESTON COUNTY RECOVERS**

is a collaboration of agencies dedicated to providing support and resources towards the disaster recovery process.

*The Public and Behavioral Health* members have services including counseling, support groups, substance use support, medical care and more.

Please visit  
[www.GalvestonCountyRecovers.org](http://www.GalvestonCountyRecovers.org)  
for more information.



## COMMON REACTIONS TO A DISASTER

*Difficulty making  
decisions and concentrating*

*Loss of interest in usually  
pleasurable activities*

*Feeling like the disaster/experience is  
happening all over again (flashbacks)*

*Feelings of numbness, detachment,  
or withdrawal from others*

*Irritability or outbursts of anger*

*Difficulty falling or staying asleep*

*Reluctance to talk about feelings for  
fear of burdening others*

*Physical symptoms like headaches,  
stomach-aches or worsening health  
conditions*

## COMMON REACTIONS CHILDREN HAVE AFTER A DISASTER

*Regressive behaviors can occur such as  
thumb-sucking or bed-wetting*

*Attention-seeking from  
parents or adults*

*Decline in school performance*

*Anger, aggression or increased risky  
behaviors for adolescents/teens*

## TAKING CARE OF...

### Yourself

**Talk to another person:** search for support and reach out to your social support groups.

**Take care of your physical health:** this means getting adequate rest, eating healthy meals, and trying to maintain a normal schedule.

**Take breaks :** engage in some of the activities or events you previously enjoyed.



### Children

**Listen:** let them know it is ok to have their feelings and validate their emotions.

**Answer questions:** provide information that is age-appropriate.

**Routines and activities:** help children stay in a routine (including meals and bedtime) on a regular schedule; encourage participation in sports or activities they enjoy.