

After the Storm

Mental Health Tips for Adults

After a disaster, it is normal to feel stressed, anxious, sad, mad or guilty. Those who lose loved ones, homes or jobs may not only experience these emotions, but also have trouble sleeping, eating or concentrating. Some even develop thoughts of suicide. If you, a friend or a family member feel like giving up or killing yourself, it is important to talk to someone you trust as soon as possible. Getting care and support can help these symptoms subside in a few days or weeks.

How do I know if someone needs help?

Many problems can cause people to think about suicide (killing oneself); therefore, it is important to recognize the warning signs in yourself, your friends or your family members. These signs could include:

- Acting reckless
- Giving up on daily tasks
- Dramatic mood changes
- Feelings of wanting to hurt yourself or someone else

What can I do if I am upset?

- **Stay in touch with family.** Be around people who are caring and positive.
- **Tell someone you trust about what is going on with you.** Ask a parent, friend, counselor, doctor, or pastor for help. Talk with them about the stress you feel and problems you are facing.
- **Stay active.** Go for a walk, a run or participate in other group exercises or activities to stay active.
- **Keep busy.** Help others in your community with clean-up and repairs.

For more information visit the CDC webpage on [suicide prevention](#). Or Call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273 8255)

For additional information, visit www.health.pa.gov or www.emergency.cdc.gov.