

# Having Trouble Coping After a Crisis or Stressful Event?

## Disaster Distress Helpline

The SAMHSA\* Disaster Distress  
Hotline is available for call or text  
24 hours a day, 7 days a week.

It is free and confidential

**PHONE: 1-800-985-5990**

For languages other than English,  
call 1-800-985-5990 and press 2

**TEXT:**

**“TalkWithUs” to 66746**

For Spanish: “Hablanos” to 66746

\*SAMHSA: Substance Abuse and Mental  
Health Services Administration  
<http://disasterdistress.samhsa.gov>

# Are You Stressed?

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Resources for People in Disaster,  
Emergency, or Crisis Situations

**MDH**

Minnesota  
Department  
of Health

## When Terrible Things Happen

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### What Helps:

- Talk with and listen to others
- Do things that help you relax
  - Breathe deeply
  - Listen to music
  - Do things you enjoy like sports, hobbies, reading
- Move your body, exercise
- Eat healthy
- Get enough sleep
- Try to keep a normal schedule
- Learn what things stress you out
- Check in on friends and family
- Focus on what you can do instead of what you cannot do
- Take breaks from the news and social media

### What Does *Not* Help:

- Smoking, drinking, or using drugs more than you should
- Avoiding thinking or talking about the event
- Avoiding family, friends, or activities
- Watching a lot of TV, and social media
- Playing a lot of computer or video games
- Doing risky things like driving dangerously or abusing substances

## Psychological First Aid (PFA)

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Psychological First Aid is a tool to help people reduce stress symptoms in themselves and others after a traumatic event or crisis.

<http://www.health.state.mn.us/oep/responsesystems/pfa.html>

### Online Training:

Psychological First Aid: A Minnesota Community Support Model  
<http://tinyurl.com/z8rt8qp>



### Phone App:

Psychological First Aid Tutorial For iPhone and Android  
<http://tinyurl.com/jqpsutm>



## Signs of Stress Related to a Crisis

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- Sleeping or eating problems
- Pulling away from people & events
- Having very little or no energy
- Feeling sore or in pain
- Feeling sad, numb, helpless, hopeless, confused, forgetful, angry, upset, worried, or scared

### Warning Signs: Get Help Now!

If you, or someone you know, is talking about harming themselves or others, get help now! Contact the Disaster Distress Helpline (1-800-985-5990). Danger signs include:

- Thinking of hurting or killing yourself or someone else
- Saying things like wanting “to end it all” or “go to sleep and never wake up again”
- Giving away possessions
- Unable to perform daily tasks
- Excessive anger
- Yelling or fighting with family or friends
- Driving under the influence
- Using drugs