

# helpful resources

## SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and Español)

SMS: Text TalkWithUs to 66746 SMS (Español): "Hablamos" al 66746  
TTY: 1-800-846-8517

[disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)  
[disasterdistress.samhsa.gov/espanol](http://disasterdistress.samhsa.gov/espanol)

## Georgia Crisis and Access Line (GCAL)

Toll-Free: 1-800-715-4225  
Georgia's 24/7 toll-free line staffed by licensed mental health professionals. Language assistance available.

[dbhdd.georgia.gov/access-services](http://dbhdd.georgia.gov/access-services)

### Treatment Locator

Behavioral Health Treatment Services Locator

[findtreatment.samhsa.gov/locator/home](http://findtreatment.samhsa.gov/locator/home)

## National Suicide Prevention Hotline

Toll-Free: 1.800.273.8255

Contact the National Suicide Prevention Life-line right away if you or someone you know threatens to hurt or kill him or herself or someone else, or talks or writes about death, dying, or suicide.



Pictured: Greg Mims, Georgia farmer after Hurricane Michael



You are not alone.  
Across the state and nation farmers struggle to cope with the effects of natural disaster.

Find help inside.



Pictured: Casey Cox, Georgia farmer after Hurricane Michael

# COPING WITH DISASTER

in the agricultural community

"Devastating would be the main word I would use, but I'd also say we are fortunate and blessed. Even though it's hard to look at it that way."

-Stuart Griffin,  
Georgia farmer



Pictured: Casey Cox, Georgia farmer after Hurricane Michael

[agr.georgia.gov/disaster-relief](http://agr.georgia.gov/disaster-relief)

## KNOW WHEN TO GET HELP

While it is normal to feel sad, anxious, or worried after a disaster, some may still feel those heightened emotions a year or more after a disaster. If you or someone you know struggles to cope with strong feelings after a few weeks/months, or experiences continued interference with normal functioning, get help by accessing one of the resources found in the pamphlet.

Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him or herself or someone else, or talks or writes about death, dying, or suicide.

## Common Responses to a Disaster

### YOUR BEHAVIOR

- Changes in Activity Level
- Trouble Relaxing or Sleeping
- Increased Use of Alcohol/Drugs
- An Increase in Irritability
- Poor Work Performance
- Difficulty Maintaining Balance in Life
- Loss of Interest in Usually Pleasurable Activities

“My motto has been adapt and overcome through this whole thing.” Sheila Rice, Georgia Farmer after Hurricane Michael

## Know How To Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

### KEEP THINGS IN PERSPECTIVE

Use credible sources to keep informed about new information and developments, but avoid overexposure to news broadcasts of the event.

### BE KNOWLEDGEABLE ABOUT RESOURCES

Learn about what resources are available to aid you and others affected by the tragedy. Seek resources if needed. Contact your local EMA.

### CONNECT WITH OTHERS

Talk to friends, family, or colleagues who likely are experiencing the same feelings. Spend time with friends and family.

### KEEP YOURSELF HEALTHY

Get adequate rest, eat healthy meals, and drink plenty of water. Avoid excessive amounts of caffeine or alcohol and the use of tobacco or illegal drugs.

### SEEK ROUTINE

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.

### USE PRACTICAL WAYS TO RELAX

Use relaxation methods such as breathing exercises, meditation, calming self-talk, or soothing music. Get plenty of exercise.

## Common Responses to a Disaster

### YOUR BODY

- Digestive Issues
- Headaches/Pain
- Fatigue/Loss of Energy
- Easily Startled
- Trembling
- Rapid Heart Rate
- Weakness
- Sweating or Chills

### YOUR EMOTIONS

- Shock/Denial
- Fear/Anxiety
- Anger or Irritability
- Sadness
- Feelings of Hopelessness
- Guilt
- Numbness
- Grief
- Mood Changes

### YOUR THOUGHTS

- Forgetfulness
- Difficulty Concentrating
- Difficulty Making Decisions
- Dreams/Nightmares of Event
- Confusion or self-doubt
- “Flashbacks” of Crisis Event