

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you experience these **feelings or behaviors** for several days in a row and are unable to carry out normal responsibilities because of them, seek professional help

- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline:

1-800-985-5990 or text TalkWithUs to 66746

- People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.