



Healing from a Disaster



Take Care of Your Mental Health

Stress, worry, and other feelings are normal after a disaster. Some people feel stuck, have mood swings, lose their appetite, or find it hard to sleep. Talk to friends, family, or a support group about how you're feeling. Sharing can make things easier.

How to Cope

- Create a daily routine, like going to bed at the same time or starting your day with coffee.
- Do relaxing things like reading, spending time outside, or listening to music.
- Stay active to boost your mood—try walking, dancing, or other activities you enjoy.
- Stay informed, but don't overdo it with news or social media. Take breaks to protect your peace of mind.

Helping Children

- Encourage kids to share their feelings and let them know it's okay to feel upset. Be honest about what happened, using words they can understand.
- A regular routine can help them feel safe and secure.
- If kids seem very upset—like being sad for a long time, avoiding others, or acting out—consider reaching out for professional help.

<https://www.fema.gov/fact-sheet/helping-children-cope-disaster>

Know What's Happening

Follow Haywood County Government on Facebook, YouTube, and Instagram. Sign up for Haywood County Alerts:

<https://member.everbridge.net/453003085616422/new>

Long-Term Recovery

- Recovery takes time, so be patient with yourself and those around you.
- Tackle tasks one step at a time and celebrate small victories along the way.
- Stay connected with friends, family, and your community--they can be a great source of support.
- If you're struggling with your emotions, reach out to a mental health professional.

Available Resources

Reach out to mental health professionals for counseling and support. They can help you manage your emotions and navigate the recovery process. These services are confidential and some are free.

- Vaya Health Behavioral Health Crisis Line- 1-800-849-6127. Available 24/7 and free. TTY: Contact Relay NC at 711.
- Walk-in centers help people with a mental health or substance use crisis, like urgent care clinics, and do not require an appointment:
 - Appalachian Community Services- 91 Timberlane Road, Waynesville 828-454-1098 (888-315-2880 for 24/7 Mobile Crisis)
 - Blue Ridge Health/Meridian- 131 Walnut St., Waynesville, 828-456-8604
- NC Peer Warmline- 1-855-733-7762 to speak to a peer living in recovery from mental health or substance use issues. Available 24/7 and free.
- National Hotlines – These are open 24/7 and you don't have to give your name:
- 988 Suicide and Crisis Lifeline – call or text 988 or chat at <https://988lifeline.org/> to speak with a licensed counselor for support during a crisis – 24/7 and free.
- SAMHSA Disaster Distress Helpline: (800) 985-5990, 24/7 and free.



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