

Here for you



Dealing with the impact of a hurricane

Have you been impacted by a hurricane? Once the storm has passed, it can take time to fix any damage. And that may feel overwhelming.

Here are some tips to consider:

- Focus on meeting your basic needs — food, clothing and shelter — first.
- Check with experts before returning home or going into damaged areas.
- Make a list of resources that can help you with what you need.
- Make a to-do list and try to keep a routine. This can help reduce stress and give you a sense of control.
- Take care of yourself. Times like these can take a toll on your health. If possible, try to eat well and get plenty of sleep.

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Have patience.

Just like rebuilding a home, your emotional health may need time to heal. Hurricanes and other disasters can lead to loss. And after loss comes grief. It's normal to feel shock, disbelief, anger and sadness. You may find yourself making promises such as, "If this goes away, I'll be a better person." Be sure to take time to work through these feelings.

We're here to help

Whether you need resources or just need to talk, we can help. Our highly-trained staff can help you find ways to manage stress and upset feelings. Or go online to find articles, webinars and more to help you get back to a place of emotional wellbeing. It's all provided at no charge to you.

You don't have to cope alone.
We're here for you and your
family members —
24/7, 365 days a year.



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