

# TAKING CARE OF YOUR MENTAL HEALTH

## *PRACTICAL TIPS FOR MENTAL WELL- BEING IN THE WAKE OF A NATURAL DISASTER*



Occupational balance is important for our mental health, ESPECIALLY following a natural disaster. Here are some tips that you can use to cope if you or a loved one has been impacted from Hurricane Helene.



### Occupational Therapy's Role Following a Natural Disaster

- Restore habits and normalcy
- Promote occupational engagement
- Support your mental health

### Daily Activities to Relieve Stress and Anxiety

- Journal
- Run/walk outside
- Yoga/Meditation
- Practice gratitude

(AOTA,2011)

**Mental health is just as important as physical health. It affects how we think, feel, and act. Taking care of our mental health is essential for overall well-being.**

- Connect with others: Having a support system is crucial in the event of a natural disaster.
- Ask for support from those who care about you and who will listen and empathize with your situation. Your family and friends may have also survived the disaster will understand the emotions you are experiencing.
- It's also a good idea to speak with those who were not involved in order to spread awareness of the situation.

# MENTAL HEALTH RESOURCES FOR COMMUNITIES IMPACTED BY HURRICANE HELENE

## **NORTH CAROLINA:**

### NORTH CAROLINA BEHAVIORAL HEALTH SERVICES

<https://rhahealthservices.org/behavioral-health-services/walk-in-open-access-nc/>

## **SOUTH CAROLINA:**

### SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH

<https://www.state.sc.us/dmh>

## **GEORGIA:**

### GEORGIA DISASTER-BASED MENTAL HEALTH SERVICES ADDRESSES THE MENTAL HEALTH COMPONENTS OF DISASTERS

<https://www.georgiadisaster.info/>

## **TENNESSEE:**

### THE DIVISION OF MENTAL HEALTH SERVICES UNDER TDMHSAS SUPPORTS INDIVIDUALS OF ALL AGES LIVING WITH MENTAL ILLNESS, CO-OCCURRING DISORDERS, OR SERIOUS EMOTIONAL DISTURBANCES.

<https://www.tn.gov/behavioral-health/mental-health-services.html>

## **FLORIDA:**

### FLORIDA DEPARTMENT OF MENTAL HEALTH <https://www.floridahealth.gov/programs-and-services/prevention/mental-health/index.html#:~:text=Mental%20Health%20and%20Substance%20Abuse%20-%20The%20Florida%20Department%20of>

# UNIVERSAL:

## **DISASTER DISTRESS HELPLINE AT 1-800-985-5990**

- Free 24/7 crisis counseling for those affected by any disaster.

## **NATIONAL MENTAL HEALTH HOTLINE AT 866-903-3787**

- Free 24/7 services for you or a loved one suffering from anxiety.

## **CRISIS TEXT LINE: TEXT AND ONLINE CHAT AT CRISISTEXTLING.ORG OR AT 741741**

- A volunteer based service that provides 24/7 free support.

## **SUICIDE CRISIS AND HELPLINE**

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call or text 988 for help.

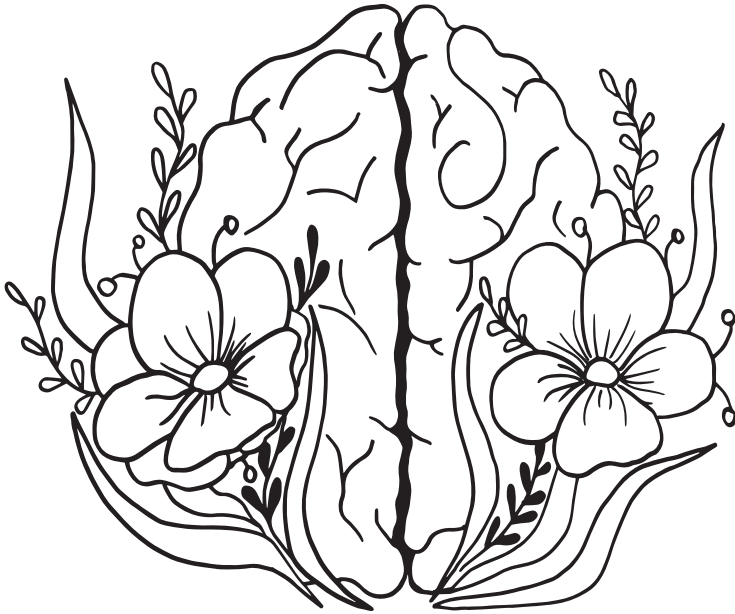
This resource has been compiled by Occupational Therapy Students completing their Level II Fieldwork Rotation at LimbTech/Mobility Matters Foundation. Lauren Carlson OTS, Creighton University, Megan Fox OTS, Creighton University, and Jazzy Montgomery, Johnson and Wales University.

#### REFERENCE

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION. (2011). THE ROLE OF OCCUPATIONAL THERAPY IN DISASTER PREPAREDNESS, RESPONSE, AND RECOVERY. AMERICAN JOURNAL OF OCCUPATIONAL THERAPY, 65.

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