



Having Trouble Coping After a Disaster or Emergency?

Everyone who experiences a disaster or emergency is affected in some way. It's normal to have symptoms of stress. For some people, these symptoms don't appear until weeks or months after the event has happened.

Common reactions to a disaster or emergency may include:

- feeling angry or irritable
- feeling sad or helpless
- trouble focusing, remembering, or making decisions
- muscle tension, headaches, or stomach problems
- feeling anxious, scared, or on edge
- questioning life's purpose or meaning
- trouble sleeping or staying asleep
- feeling guilt or shame

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Mental Health Promotion & Illness Prevention.
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 **Alberta Health Services**
Provincial Addiction and Mental Health

After a disaster or emergency it takes time to grieve, adjust, rebuild, and recover. Many people recover on their own over time. Some people might need extra support to help them recover. It's important to know when to ask for help.

You may wish to speak to your healthcare provider or a mental health professional if you are experiencing any of the following warning signs:

- having emotional reactions that are getting in the way of relationships, work, or other important activities
- feeling excessive guilt, shame, or blame
- avoiding or withdrawing from others
- feeling excessive anger, sadness, or hopelessness
- increased use of alcohol or drugs
- feeling excessive anxiety, fear, or panic
- feeling confused or disoriented
- thoughts of harming yourself or others

If you're having suicidal thoughts, go to the nearest emergency department or call **911** right away.

Important Numbers

Health Link: **811**

Mental Health Help Line: **1-877-303-2642**

Addiction Help Line: **1-866-332-2322**

First Nations & Inuit Hope for Wellness Help Line: **1-855-242-3310**

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