

HURRICANE GUIDE

FOR THE RECOVERY COMMUNITY

1

STAY IN CONTACT WITH YOUR COMMUNITY

Emotional and mental support are vital. Be sure to stay in regular contact with friends, sponsors, mental health professionals, physicians, and family members. If you choose to evacuate to another city, look up local AA or NA meeting times and plan to attend in-person or virtually.

2

CREATE A SCHEDULE

Because natural disasters interrupt our daily schedules, it's important to create a new one in anticipation of any potential difficulties. Write out what your day will look like as you ride out the storm.

3

DON'T IGNORE TRAUMA

Often, untreated or undiagnosed PTSD may lead a person to seek relief by way of substance use. Many people who have been affected in this way by natural disasters do not even realize that they used to seek relief from these past traumatic experiences.

4

KNOW WHERE TO FIND HELP

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
Call 1-800-985-5990

HOTLINES

- SAMHSA Disaster Distress Helpline: 1-800-985-5990 (Support and counseling 24/7)
- NAMI HelpLine: 800-950-NAMI (6264) or Text NAMI to 741-741 (24/7 crisis support)
- NEDA Crisis Text Line: Text NEDA to 741741 (24/7 text support)
- Emergency Information Center: 561-712-6400 (24/7 sheltering & hurricane info)
- 211 HelpLine Palm Beach & Treasure Coast: Call 211 or (866) 882-2991