

Coping with Disaster in the agricultural community

You are not alone.

Across the state and nation, farmers struggle to cope with the effects of natural disaster. Find more information at agr.georgia.gov/disaster-relief

National Suicide Prevention Hotline

Toll-free: 1-800-273-8255

Contact the National Suicide Prevention Life-line right away if you or someone you know threatens to hurt or kill themselves or someone else, or talks or writes about death, dying or suicide.

Treatment Locator

Findtreatment.samhsa.gov/locator/home

SAMHSA's Disaster Distress Helpline

Toll-free: 1-800-985-5990 (English, Español)

SMS: Text **TalkWithUs** to 66746

SMS (Español): Escriba **Hablamos** al 66746 TTY: 1-800-846-8517

Disasterdistress.samhsa.gov

Disasterdistress.samhsa.gov/espanol

Georgia Crisis and Access Line (GCAL)

Toll Free: 1-800-715-4225

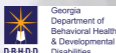
Georgia's 24/7 toll-free line staffed by licensed mental health professionals.

Language assistance is available.

dbhdd.georgia.gov/access-services

Know When to Get Help

While it's normal to feel sad, anxious or worried after a disaster, some may still feel those emotions a year or more after a disaster. If you or someone you know struggles to cope with strong feelings after a few weeks/months or experiences continued interference with normal functioning, get help by accessing one of the resources found on this bookmark.



Common Responses to a Disaster

YOUR BEHAVIOR

Changes in activity level | Trouble relaxing or sleeping | Increased use of alcohol/drugs | Poor work performance | Difficulty maintaining life balance | Loss of interest in activities you usually find pleasurable

YOUR EMOTIONS

Shock/denial | Feeling hopeless | Fear/anxiety | Numbness | Anger or irritability | Mood changes
Grief | Guilt | Sadness

YOUR THOUGHTS

Forgetfulness | Difficulty concentrating
Difficulty making decisions | Confusion or self-doubt | Dreams/nightmares of the event | "Flashbacks" of crisis event

YOUR BODY

Digestive issues | Headaches/pain | Easily startled | Rapid heart rate | Sweating or chills | Fatigue/loss of energy | Weakness | Trembling

Know How To Relieve Stress

KEEP THINGS IN PERSPECTIVE

Use credible sources to stay informed about new information and developments, but avoid repeated news of the event.

BE KNOWLEDGEABLE ABOUT RESOURCES

Learn about what resources are available to aid you and others affected by tragedy. Seek resources if needed.
Contact your local community/faith leader.

CONNECT WITH OTHERS

Talk to friends, family, or colleagues who are likely experiencing the same feelings. Spend time with friends and family.

SEEK ROUTINE

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.

USE PRACTICAL WAYS TO RELAX

Use relaxation methods such as breathing exercises, meditation, calming self-talk, or soothing music. Get plenty of exercise.