FOR COUNSELING SERVICES:

GULF COAST CENTER
Disaster Counseling – Texans Recovering Together
(409) 944-4436
GULFCOASTCENTER.ORG

FAMILY SERVICE CENTER
GALVESTON: (409) 762-8636
DICKINSON: (281) 576-6366
FSC-GALVESTON.ORG

KRIST SAMARITAN COUNSELING CENTER
(281) 480-7554
SAMARITANHOUSTON.ORG

COASTAL HEALTH AND WELLNESS
(409) 938-2234 & (281) 309-0255
COASTALHW.ORG

FOR SUBSTANCE ABUSE:

BAY AREA COUNCIL ON DRUGS AND ALCOHOL
1-800-510-3111
BAYAREACOUNCILONDRUGSANDALCOHOL.HOMESTEAD.COM

GULF COAST CENTER
(800) 643-0967
GULFCOASTCENTER.ORG

NATIONAL ALLIANCE ON MENTAL ILLNESS
(800) 950-6264
NAMI.ORG

EDUCATION & SUPPORT:

GULF COAST CENTER
(409) 944-4436
GULFCOASTCENTER.ORG

FAMILY SERVICE CENTER
GALVESTON: (409) 762-8636
DICKINSON: (281) 576-6366
FSC-GALVESTON.ORG

NATIONAL ALLIANCE ON MENTAL ILLNESS
(800) 950-6264
NAMI.ORG

Managing Stress After A Disaster
THERE IS HOPE AND HELP

With time, most people recognize and begin to manage stress.
If you feel overwhelmed or your reactions are severe, GET HELP.

FOR CRISIS AND EMERGENCY SERVICES ONLY
866-729-3848
Your Local Community Partners and Agencies Understand That managing stress, decision-making and self-care can be difficult, and finding the time to take care of yourself might feel impossible.

But you aren’t alone. We Are Here To Help!

Galveston County Recovers is a collaboration of agencies dedicated to providing support and resources towards the disaster recovery process.

The Public and Behavioral Health members have services including counseling, support groups, substance use support, medical care and more.

Please visit www.GalvestonCountyRecovers.org for more information.

Common Reactions To A Disaster

- Difficulty making decisions and concentrating
- Loss of interest in usually pleasurable activities
- Feeling like the disaster/experience is happening all over again (flashbacks)
- Feelings of numbness, detachment, or withdrawal from others
- Irritability or outbursts of anger
- Difficulty falling or staying asleep
- Reluctance to talk about feelings for fear of burdening others
- Physical symptoms like headaches, stomach-aches or worsening health conditions

Common Reactions Children Have After A Disaster

- Regressive behaviors can occur such as thumb-sucking or bed-wetting
- Attention-seeking from parents or adults
- Decline in school performance
- Anger, aggression or increased risky behaviors for adolescents/teens

Taking Care Of...

Yourself

Talk to another person: search for support and reach out to your social support groups.

Take care of your physical health: this means getting adequate rest, eating healthy meals, and trying to maintain a normal schedule.

Take breaks: engage in some of the activities or events you previously enjoyed.

Children

Listen: let them know it is ok to have their feelings and validate their emotions.

Answer questions: provide information that is age-appropriate.

Routines and activities: help children stay in a routine (including meals and bedtime) on a regular schedule; encourage participation in sports or activities they enjoy.