

# Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

## Coping with Long-Term Effects of Hurricane Sandy

For many, recovery from Hurricane Sandy continues to be a complex and challenging process. Concerns may include:

- **Housing** – loss of home/having nowhere to live, unrepaired damage
- **Financial** – cost of recovery/rebuilding, job loss, impact on businesses
- **Loss** – ongoing grief from death of loved ones (including pets)
- **Change** - difficulty adjusting to new school, neighborhood, place of worship
- **Health** – injuries, exposure to toxic mold or chemicals, chronic exhaustion or fatigue
- **Resources** – resources are phasing out and/or longer available

Because of these and other factors, many survivors of Sandy are also experiencing a range of emotional reactions during the long-term recovery process, including but *NOT* limited to:

- Anxiety, frustration, sadness, anger
- Difficulty performing daily routines (including decline in school or work performance)
- Confusion, forgetfulness, recurring thoughts or memories related to the storm
- Trouble sleeping, isolating self from loved ones, increased family tension
- Unexplained aches or pains, feeling numb or like nothing matters
- Increased alcohol/drug/tobacco use
- Depression, suicidal thoughts and gestures

These reactions are common during the long-term recovery process from any disaster. Hurricane Sandy affected everyone differently and there is no "right way" to recover. If you or someone you care about is still struggling after Sandy,

**You Are Not Alone**

The Disaster Distress Helpline is available 24/7/365 for support, help with coping, and information on recovery from Sandy:

**Talk With Us!**

- **Call: 1-800-985-5990 and Press '1' (toll-free & multi-lingual)**
- **Text: "TalkWithUs" for English or "Hablamos" for Spanish to 66746**

<http://disasterdistress.samhsa.gov>



/distresshelpline



@distressline

The Disaster Distress Helpline is a program of SAMHSA administered by Link2Health Solutions, a subsidiary of the not-for-profit Mental Health Association of New York City. "Press 1" calls and texts are answered by MHA-NYC and MHA-NJ.

