



SUPPORT FOR EMOTIONAL WELL-BEING *How the American Red Cross can help you cope*

For all of us - no matter where we live - the return of hurricane season on June 1 is a call to action: check our family emergency plans and restock our disaster supplies kits. However, just as you will need to prepare for the physical needs of your family before a disaster strikes, you should also know that enduring a hurricane can affect your emotional well-being.

Before the first hurricane of 2007 hits your area, the American Red Cross reminds you of these emotional considerations:

- The Red Cross has trained licensed mental-health professionals experienced in dealing with crisis and disaster management.
- Disaster mental health workers provide care, comfort and emotional support following a disaster such as a hurricane.
- Everyone has their own way of dealing with stressful situations. After a hurricane, it is normal for you to have a strong emotional reaction.
- Building resilience, the ability to adapt well to unexpected events, can help us to manage stress and feelings of anxiety. We can all develop resilience. It involves behaviors, thoughts and actions that can be learned. For more information on building resilience, please go to www.apahelpcenter.org/featuredtopics/feature.php?id=6&ch=4.
- Don't be afraid to ask for help. Call your local Red Cross chapter for information about our counseling services.
- Some signs to watch for, in yourself and others:
 - A person is obviously deeply distressed, confused or depressed
 - People or pets are missing or injured
 - You notice changes in yourself that concern you

Preparing for a disaster, such as a hurricane, ahead of time can help alleviate the stress you may face during the storm, and ease the burden on your family and loved ones.

For more information contact the Alabama Gulf Coast Chapter at

(251) 438-2571

or

www.redcrossalcoast.org