




Are you prepared for the emotional storm?


Does your hurricane preparedness kit include how to address mental health?





If you or your child were impacted by Hurricane Harvey, you may be experiencing Post Traumatic Stress Disorder (PTSD). PTSD is often triggered by sensory experiences. It could be images, sound, or being in particular places. For example, the thunderstorms or weather warnings that we experience during the summer are triggering events for some people.

Warning Signs

 Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.

 Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated). Severe mood swings that cause problems in relationships.

 Emotional regression-thumb sucking, loss of previously acquired developmental skills (bed wetting, language skills, clinging-dependent behaviors).

 Increased feelings of insecurity, unfairness, anxiety, fear, anger, sadness, and despair, dread of a flood reoccurring.

Preparedness Tips



Monitor children's media viewing. Images of the tragedy and the damage are extremely frightening to children, so consider limiting the amount of media coverage they see.



Encourage children to express their feelings through talking, drawing or playing.



Maintain your daily routines as much as possible.



Reassure children that they're safe. Provide extra comfort and contact by discussing the child's fears.



Seek additional support if you need it. It is okay to reach out for help.