helpful resources

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and Español)
SMS: Text TalkWithUs to 66746 SMS (Español): “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 available.

dbhdd.georgia.gov/access-services

Treatment Locator

Behavioral Health Treatment Services Locator

findtreatment.samhsa.gov/locator/home

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 him or herself or someone else, or talks or writes about death, dying, or suicide.

GDA
Georgia Department of Behavioral Health & Developmental Disabilities

agr.georgia.gov/disaster-relief

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 help inside.

“Devastating would be the main word I would use, but I’d also say we are fortunate and blessed. Even though it’s hard to look at it that way.”
-Stuart Griffin,
Georgia farmer
Know How To Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE
Use credible sources to keep informed about new information and developments, but avoid overexposure to news broadcasts of the event.

BE KNOWLEDGEABLE ABOUT RESOURCES
Learn about what resources are available to aid you and others affected by the tragedy. Seek resources if needed. Contact your local EMA.

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

KEEP YOURSELF HEALTHY
Get adequate rest, eat healthy meals, and drink plenty of water. Avoid excessive amounts of caffeine or alcohol and the use of tobacco or illegal drugs.

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.

Common Responses to a Disaster

YOUR BODY
- Digestive Issues
- Headaches/Pain
- Fatigue/Loss of Energy
- Easily Startled
- Trembling
- Rapid Heart Rate
- Weakness
- Sweating or Chills

YOUR EMOTIONS
- Shock/Denial
- Fear/Anxiety
- Anger or Irritability
- Sadness
- Feelings of Hopelessness
- Guilt
- Numbness
- Grief
- Mood Changes

YOUR THOUGHTS
- Forgetfulness
- Difficulty Concentrating
- Difficulty Making Decisions
- Dreams/Nightmares of Event
- Confusion or self-doubt
- “Flashbacks” of Crisis Event

Common Responses to a Disaster

YOUR BEHAVIOR
- Changes in Activity Level
- Trouble Relaxing or Sleeping
- Increased Use of Alcohol/Drugs
- An Increase in Irritability
- Poor Work Performance
- Difficulty Maintaining Balance in Life
- Loss of Interest in Usually Pleasurable Activities

“My motto has been adapt and overcome through this whole thing.” Sheila Rice, Georgia Farmer after Hurricane Michael

Know WHEN TO GET HELP

While it is normal to feel sad, anxious, or worried after a disaster, some may still feel those heightened 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 in the pamphlet.

Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him or herself or someone else, or talks or writes about death, dying, or suicide.