



Georgia Department  
of Behavioral Health &  
Developmental Disabilities



You check in on the farm, family, and friends.

## When is the last time you checked in with yourself?

You may experience serious distress when you hear about an animal disease outbreak, even if you are at little or no risk of getting sick. If you or someone you know shows signs of stress for several days or weeks, get help by accessing one of the resources to the right.

**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.**

**Take care of your physical health to help lower your stress.**

**Take a break to focus on positive parts of your life, like connections with loved ones.**

Flip the page to recognize the signs of stress in your behavior, body, emotions, and thinking and for tips to reduce stress in your life.

### *Helpful Resources*

#### *SAMHSA's Disaster Distress Helpline*

1-800-985-5990 (English and Espanol)  
SMS: Text "TalkWithUs" to 66746  
SMS: "Hablamos" al 66746

[disasterdistress.samhsa.gov](https://disasterdistress.samhsa.gov)  
[disasterdistress.samhsa.gov/espanol](https://disasterdistress.samhsa.gov/espanol)

#### *Georgia Crisis and Access Line (GCAL)*

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](https://dbhdd.georgia.gov/access-services)

#### *Treatment Locator*

[findtreatment.samhsa.gov/locator](https://findtreatment.samhsa.gov/locator)

#### *National Suicide Prevention Hotline*

1-800-273-8255

Contact the hotline 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.

# How to relieve stress:

## *Keep things in perspective*

Stay up to date, but set limits on how much time you spend focusing on the news

## *Get the facts*

Find accurate and reliable resources related to disease outbreak information

## *Keep yourself healthy*

- Eat, sleep, and drink plenty of water
- Avoid excessive amounts of caffeine and alcohol
- Do not use tobacco or illegal drugs
- Get plenty of exercise

## *Use practical ways to relax*

- Pace yourself between stressful activities
- Take a break to connect with loved ones

## *Pay attention to your body and feelings*

- Recognize and heed early warning signs of stress
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events
- Know that feeling stressed, depressed, guilty, or angry is common after an event like an animal disease outbreak
- Connect with others



## Signs of Stress:

### *Your behavior*

- Decrease or increase in energy level
- Irritability
- Trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Blaming other people for everything
- Difficulty communicating/listening
- Having difficulty giving or accepting help

### *Your body*

- Digestive issues
- Headaches and pains
- Losing your appetite/eating too much
- Sweating and/or chills
- Tremors or muscle twitches
- Easily startled

### *Your emotions*

- Anxious or fearful
- Depression, guilt, or anger
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed

### *Your thinking*

- Trouble remembering or making decisions
- Feeling confused
- Trouble thinking clearly and concentrating



DBHDD

Georgia Department  
of Behavioral Health &  
Developmental Disabilities



GEORGIA DEPARTMENT OF PUBLIC HEALTH



GEORGIA DEPARTMENT OF AGRICULTURE