

# Having Trouble Coping After a Disaster or Emergency



Mental Health  
Help Line  
1-877-303-2642

Health Link  
811

Alberta Supports  
Contact Centre  
1-888-644-5135

24 hours a day, 7 days a week



Disasters and emergencies are usually unexpected and can have a big impact on your emotional and physical health. Most people need time to recover from a disaster or emergency. It takes time to grieve, to adjust and to rebuild. It's important to know when to ask for help.

### Signs of stress after a disaster or emergency may include:

- moodiness or crying easily
- feeling tired, lack of energy or motivation
- feeling worried or frustrated
- trouble concentrating or paying attention
- changes in sleep habits
- using alcohol, drugs or tobacco more than usual to cope
- feeling helpless
- having negative thoughts
- thinking about the disaster or emergency all the time
- having flashbacks about the event
- avoiding people or activities that you usually like
- feeling guilt, disappointment or shame
- feeling depressed or down

If you are feeling disoriented, confused, experiencing feelings of suicide, thoughts of harm to yourself or to others; call 911 or go directly to your nearest emergency department right away.