



KENDALL COUNTY HEALTH DEPARTMENT

811 W. John Street, Yorkville, IL 60560-9249 630/553-9100 Administration Fax 630/553-9506



Public Health
Prevent. Promote. Protect.

Mental Health Effects of Natural Disasters

Disasters are upsetting experiences for everyone involved. When we experience a disaster or other stressful life event, we can have a variety of reactions, all of which can be common responses to difficult situations.

These reactions can include:

- Feeling physically and mentally drained
- Having difficulty making decisions or staying focused on topics
- Becoming easily frustrated on a more frequent basis
- Arguing more with family and friends
- Feeling tired, sad, numb, lonely or worried
- Experiencing changes in appetite or sleep patterns

Most of these reactions are temporary and will go away over time. Try to accept whatever reactions you may have. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.

Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- Take care of your safety. Find a safe place to stay and make sure your physical health needs and those of your family are addressed. Seek medical attention if necessary.
- Limit your exposure to the sights and sounds of disaster, especially on television, the radio and in the newspapers.
- Eat healthy. During times of stress, it is important that you maintain a balanced diet and drink plenty of water.
- Get some rest. With so much to do, it may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- Stay connected with family and friends. Giving and getting support is one of the most important things you can do. Try to do something as a family that you have all enjoyed in the past.
- Be patient with yourself and with those around you. Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order. That includes you!
- Set priorities. Tackle tasks in small steps.
- Gather information about assistance and resources that will help you and your family members meet your disaster-related needs.
- Stay positive. Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support, and help others when they need it.

	American Red Cross	Recovering Emotionally
<i>To reach out for free 24/7 counseling or support, contact the Disaster Distress Helpline at 1-800-985-5990 or text "TalkWithUs" to 66746.</i>		

Kendall County Location
811 West John Street
Yorkville, Illinois 60560
630/553-9100 Fax 630/553-9605

Kendall-Grundy Community Action
A Unit of Kendall County Health Department



Grundy County Location
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