

When to Seek Help

Reach out if you experience:

- **Thoughts of self-harm or suicide**
- **Ongoing panic, nightmares, or flashbacks**
- **Difficulty caring for yourself or others**
- **Substance use to cope**
- **Feeling detached or emotionally numb**

You don't have to wait for a crisis to get support



Scan for resources



Local North Texas Resources

Suicide and Crisis Center of North Texas

- Confidential support for individuals in crisis in the Dallas area
- Call 214-828-1000
<https://www.sccenter.org/>

National Alliance on Mental Illness - North Texas

- Serving Collin, Dallas, Denton & Rockwall Counties
- Call 214-341-7133
<https://www.naminorthtexas.org/>

North Texas Behavioral Health Authority (NTBHA)

- 24/7 crisis support for Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall counties
- Call 866-260-8000
<https://ntbha.org/>

Denton County Public Health Links: Mental Health Navigation

- A free mental health navigation program
- Call or Text "Links" to 940-349-3000
<https://www.dentoncounty.gov/1743/D/CPH-Links>



Mental Health After a Disaster

PREPARE TODAY. READY TOMORROW.





What Just Happened?

Disasters—whether natural (like hurricanes, wildfires, earthquakes) or man-made (like shootings, accidents, or conflict)—can leave deep emotional impacts

You may feel:

- **Shock or numbness**
- **Fear or panic**
- **Sadness or grief**
- **Anger or guilt**
- **Confusion or helplessness**

Common Reactions After a Disaster (First Days to Weeks)

- Nightmares or trouble sleeping
- Flashbacks or intrusive thoughts
- Avoiding reminders of the event
- Feeling on edge or jumpy
- Difficulty concentrating
- Withdrawing from others
- Feeling hopeless or overwhelmed

If these symptoms persist beyond 4 weeks, or worsen, seek professional support



Basic Tips for Recovery

Establish Routine

- Even a basic structure (meals, rest, small tasks) can restore a sense of control

Stay Connected

- Talk to people you trust
- Isolation can deepen distress

Care for Your Body

- Try to sleep, hydrate, eat small meals
- Move your body gently (walking, stretching)

Express Yourself

- Journaling, art, talking, prayer—find your outlet

