

Hurricanes & Mental Health



The Atlantic Hurricane Season usually lasts from June 1 to November 30, and can cause flooding, wind damage, tornadoes and heavy rain. All areas across North Carolina, from coastlines to the mountains, have been affected by hurricanes in recent years. It's normal for hurricanes to impact mental health before, during and after a storm. Storm forecasts can last several days and cause widespread worry. People who have experienced a hurricane or recovery efforts are often concerned that storms may turn into a hurricane, even if chances are low.



Ways to support mental and emotional health before a hurricane

- Sign up for local weather and emergency services alerts — check only as needed
- Build an emergency kit; include important documents and keep medications refilled
- Make a plan to stay in touch with loved ones
- Check local shelters and evacuation options
- Enjoy favorite, stress-relieving activities
- Eat well, stay active and make time to rest
- Continue medications and treatment, as recommended
- Find mental health support if you're struggling

RESOURCES

- Make a Game Plan: [Ready.gov/Plan](https://ready.gov/Plan)
- Hurricane Prep: [Ready.gov/Hurricanes](https://ready.gov/Hurricanes)
- Emergency Alerts: [NCDPS.gov/emergency-alerts](https://ncdps.gov/emergency-alerts)
- Disability-Specific Guidance: [Ready.gov/Disability](https://ready.gov/Disability)
- Free, 24/7 Disaster Distress Helpline: **800-985-5990** (Use videophone for ASL)
- Disabilities and Disaster Safety: [Rdcrrs.org/42KwumV](https://rdcrss.org/42KwumV)
- Caregiver Guidance: [Ready.gov/Caregivers](https://ready.gov/Caregivers)
- NC Peer Warmline: **1-855-PEERS NC (1-855-733-7762)**

Print or screenshot this information to have on hand.

NC Department of Health and Human Services • [NCDHHS.gov](https://ncdhhs.gov)
NCDHHS is an equal opportunity employer and provider • 06/2024



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Hurricanes & Mental Health



Natural disasters can be traumatic for individuals, families and communities: There is no right or wrong way to feel during or after a hurricane. After a hurricane, it's even more important to get mental health support if you believe you or a loved one may need help, and stay in contact with family and friends. There are also resources to support people living with intellectual and developmental disabilities, as well as caregivers.



Ways to support mental and emotional health after a hurricane

- Keep in touch with family and friends
- Make time to eat, stay active and rest
- Take deep breaths and time for yourself
- Know when to reach out for extra help
- Limit substances that impact stress levels like caffeine, alcohol, tobacco & others
- Get information and updates from official sources and take regular breaks
- Stay in touch with health care providers and continue treatment and medication — make a plan for treatments that rely on electricity and travel

RESOURCES

- Behavioral Health: bit.ly/NCHurricane
- Ways to Cope: Emergency.cdc.gov/coping
- Tips for Survivors: bit.ly/SAMHSATips
- Treatment Locator: FindTreatment.samhsa.gov
- Disaster Distress Helpline: 800-985-5990
- 988 Lifeline: Call or text 988, 988lifeline.org
- Recovery Help: RedCross.org/get-help
- Emergency Information: ReadyNC.gov
- Disaster Assistance: bit.ly/DisasterAssistanceDisabilities

Hurricanes do happen. Make sure you and your loved ones are prepared and have resources before, during and after each storm. Whether you struggle with mental health right away, or later on, it's never too early or too late to ask for help! Reach out and get support NC. ❤️

Print or screenshot this information to have on hand.

NC Department of Health and Human Services • NCDHHS.gov
NCDHHS is an equal opportunity employer and provider • 06/2024



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**