



# TIPS FOR COPING AFTER A NATURAL DISASTER



## REACH OUT

Reach out to your state and local community resources. If they don't have the answers your looking for they may be able to point you in the right direction.

## TALK ABOUT IT

You must feel to heal! Often talking about a stressful situation can help to relieve stress and help others to realize they are not alone in that situation!



## SPEND TIME WITH FRIENDS & FAMILY

Staying in touch with family and friends can be a great source of comfort. Sharing your concerns with loved ones can alleviate a great deal of stress.

## TAKE CARE OF YOURSELF

Take time to breathe and take the moments you need for yourself. It is not selfish to take care of yourself. You have to do so, so that you can be there for those that matter the most to you. Getting plenty of rest and eating a nutritional diet can be really helpful in keeping your level of stress down.



## LIMIT EXPOSURE

Limit the time you watch, read or listen to the news and discussions of the disaster. By staying focused on these things we can sometimes add to our stress.

## DO ACTIVITIES THAT YOU ENJOY

Taking a hike, reading a book even playing board games can be a fun and enjoyable way to step away from the stress of the disaster and just enjoy our family time together.



## ONE DAY, ONE TASK AT A TIME

Try not to overdo it as this can sometimes can cause more stress. Pick a task and complete it before moving onto another. Sometimes just making the load of everyday life lighter can alleviate a lot of stress.

## ASK FOR HELP

At one point or another in everyone's life, we have to ask for help. There is no shame in this! If at any point through this traumatic experience you need help reach out to ask for it.



# If you need someone to talk to....



- **988 Suicide & Crisis Lifeline: dial or text 988**  
Website: <https://988.ky.gov>
- **KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor**
- **SAMSHA: National Disaster Distress Helpline (call or text 1-800-985-5990; for Spanish, press "2")**
- **National Suicide Prevention Lifeline (800) 273-TALK (8255)**
- **Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers**

## [Adanta](#)

Counties Served: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne

Office: 606-679-4782

Crisis: 800-633-5599

## [Communicare, Inc.](#)

Counties Served: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

Office: 270-765-2605

Crisis: 800-641-4673

## [Comprehend, Inc.](#)

Counties Served: Bracken, Fleming, Lewis, Mason, Robertson

Office: 606-564-4016

Crisis: 877-852-1523

## [NorthKey Community Care](#)

Counties Served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

Office: 859-578-3200

Crisis: 859-331-3292

## [Four Rivers Behavioral Health](#)

Counties Served: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, McCracken, Marshall

Office: 270-442-7121

Crisis: 800-592-3980

## [Cumberland River Behavioral Health](#)

Counties Served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

Office: 606-528-7010

Crisis: 800-273-8255

TTY: 888-640-9335



### [Kentucky River Community Care](#)

Counties Served: Breathitt, Knott,  
Lee, Leslie, Letcher, Perry, Wolfe  
Office: 606-666-9006  
Crisis: 800-262-7491  
Rape Crisis: 800-375-7273  
TTY: 800-787-5043

### [LifeSkills, Inc.](#)

Counties Served: Allen, Barren,  
Butler, Edmonson, Hart, Logan,  
Metcalf, Monroe, Simpson, Warren  
Office: 270-901-5000  
Crisis: 800-223-8913

### [Mountain Comprehensive Care Center](#)

Counties Served: Clay, Floyd,  
Johnson, Knott, Leslie, Letcher,  
Magoffin, Martin, Pike, Perry, Wolfe  
Office: 606-886-8572  
Crisis: 800-422-1060

### [New Vista](#)

Counties Served: Anderson,  
Bourbon, Boyle, Clark, Estill, Fayette,  
Franklin, Hardin, Harrison,  
Jessamine, Lincoln, Madison, Powell,  
Scott  
Office: 859-253-1686  
Crisis: 800-928-8000

### [Pathways, Inc.](#)

Counties Served: Bath, Boyd,  
Carter, Elliott, Greenup,  
Lawrence, Menifee,  
Montgomery, Morgan, Rowan  
Office: 606-329-8588  
Crisis: 800-562-8909

### [Pennyroyal Center](#)

Counties Served: Caldwell,  
Christian, Crittenden,  
Hopkins, Lyon, Muhlenberg,  
Todd, Trigg  
Office: 270-886-2205  
Crisis: 877-473-7766

### [RiverValley Behavioral Health](#)

Counties Served: Daviess,  
Hancock, Henderson,  
McLean, Ohio, Union,  
Webster  
Office: 270-689-6500  
Crisis: 800-737-0696

### [Seven Counties Services](#)

Counties Served: Bullitt,  
Henry, Jefferson, Oldham,  
Shelby, Spencer, Trimble  
Office: 502-589-8600  
Crisis: 800-221-0446



# KY - Special Parent Involvement Network, Inc.



**KY-SPIN, INC.**

**10301-B DEERING ROAD**

**LOUISVILLE, KY 40272**

**TOLL FREE: 1-800-525-7746**

**PHONE: (502) 937-6894**

**FAX: (502) 937-6464**

**E-MAIL: [SPININC@KYSPIN.COM](mailto:SPININC@KYSPIN.COM)**

**WEBSITE: [WWW.KYSPIN.COM](http://WWW.KYSPIN.COM)**

**ONLINE REQUEST FOR INDIVIDUAL**

**ASSISTANCE: [WWW.KYSPIN.COM/CONTACT/](http://WWW.KYSPIN.COM/CONTACT/)**

