

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....

- **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

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

Four Rivers Behavioral Health

Counties Served: Ballard, Calloway, Carlisle, Gallatin, Graves, Hickman, Livingston, McCracken, Marshall
Office: 270-442-7121
Crisis: 800-592-3980

Kentucky River Community Care

Counties Served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, 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, Metcalfe, Monroe, Simpson, Warren
Office: 270-901-5000
Crisis: 800-223-8913

Mountain Comprehensive Care Center

Counties Served: Floyd, Johnson, Magoffin, Martin, Pike
Office: 606-886-8572
Crisis: 800-422-1060

New Vista

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

NorthKey Community Care

Counties Served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Office: 859-578-3200
Crisis: 859-331-3292

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, 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 IS STANDING BY TO HELP

KY-SPIN, INC.

10301-B DEERING ROAD

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