

Seek immediate help if you or someone you know is feeling that life isn't worth living, or if you are having thoughts of harming yourself or others.

Crisis Intervention and Suicide Prevention Hotline

(650) 579-0350

(800) 273-TALK (8255)

24/7 free and confidential support

Support and More Information

- San Mateo Medical Center Psychiatric Emergency Services
[\(650\) 573-2662](tel:6505732662)
- Mills Peninsula Psychiatric Emergency Services, Burlingame
[\(650\) 696-5915](tel:6506965915)
- Crisis Intervention and Suicide Prevention Hotline
[\(650\) 579-0350](tel:6505790350)
[\(800\) 273-TALK \(8255\)](tel:8002732662)
- Crisis Text Line
Text [START](tel:741741) to 741-741
- Rape Trauma Services
[\(650\) 692-RAPE \(7273\)](tel:6506927273)
- ACCESS Call Center (Behavioral Health and Recovery Services)
[\(800\) 686-0101](tel:8006860101)

- KARA - Grief Support for Children, Teens, Families and Adults
[\(650\) 321-5272](tel:6503215272)
- CORA - Communities Overcoming Relationship Abuse
[\(800\) 300-1080](tel:8003001080)

First Responders (and their families)

- San Mateo County Critical Incident Stress Management (CISM) Emergency Line
[\(650\) 363-4915](tel:6503634915)
- Safe Call Now - Anonymous Crisis Line
[\(206\) 459-3020](tel:2064593020)

National Helplines

- Disaster Distress Helpline
[\(800\) 985-5990](tel:8009855990)
Text "TalkWithUs" to 6674
- Office for Victims of Crime
[\(800\) 851-3420](tel:8008513420)
TTY: [\(301\) 947-8374](tel:3019478374)
- SAMHSA National Helpline
[\(800\) 662-HELP \(4357\)](tel:8006624357)
[\(800\) 487-4889 \(TDD\)](tel:8004874889)

To download a copy of this brochure or for more information on crisis resources, visit www.smchealth.org/crisisservices.

Behavioral Health and Recovery Services
www.smchealth.org/bhrsservices



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES



EMOTIONAL SUPPORT FOR YOU AND YOUR FAMILY AFTER A DISASTER OR TRAUMATIC EVENT

WHAT TO EXPECT AFTER A TRAUMATIC EVENT

Disasters and traumatic events can bring about significant stress. If you were involved in a disaster, you may be affected personally, regardless of whether you were hurt or lost a loved one. This is especially true if you have experienced a previous disaster or traumatic event.

It is important to monitor your physical and emotional health. It's also helpful to know the typical reactions to stressful events and how to take care of your emotional health.



Emotional Reactions and Changes in Behavior

- Angry or irritable outbursts.
- Feeling guilty, even if you had no control over the event.
- Feeling sad, tired, numb, lonely or worried.
- Difficulty sleeping or sleeping too much.
- Increase/decrease in energy or activity levels.
- Using drugs or alcohol in attempt to reduce distressing feelings.
- Difficulty accepting help or helping others.

Physical and Cognitive Reactions

- Stomachaches, headaches and pains.
- Eating too much or too little.
- Sweating, chills, tremors or muscle twitches.
- Being jumpy or easily startled.
- Difficulty remembering things and making decisions.
- Difficulty thinking clearly and concentrating.
- Difficulty talking about what happened.

Taking Care of Yourself and Your Family

- **Take care of your safety.** Find a safe place to stay. Seek medical attention if needed.
- **Eat a healthy, balanced diet** and drink plenty of water. Avoid smoking, alcohol, caffeine and drugs.
- Try to **get enough sleep and downtime** every day.
- **Stay connected with family and friends.** Seek out support, connect with our faith community and other advisors.
- **Be patient** with yourself and those around you.
- **Set priorities** and tackle tasks in small steps.
- **Use body movement** to help get rid of the buildup of extra stress hormones.
- **Take deep breaths** to move stress out of your body and help you remain calm.
- **Use known coping skills** that have helped you get through difficult times in the past.
- If you continue to be very upset, **talk with your primary care physician or a mental health professional.**