

Support and More Information

**San Mateo Medical Center
Psychiatric Emergency Services**
(650) 573-2662

**Mills Peninsula
Psychiatric Emergency Services**
Burlingame
(650) 696-5915

**Crisis Intervention and
Suicide Prevention Hotline**
(650) 579-0350
1(800) 273-TALK (8255)

Crisis Text Line
Text START to 741741

Rape Trauma Services
(650) 692-RAPE (7273)

Access Call Center
Behavioral Health and Recovery Services
For San Mateo County residents with
Medi-Cal or those who are uninsured.
1(800) 686-0101
TTY: 711

KARA
Grief Support for Children, Teens,
Families and Adults
(650) 321-5272

CORA
Communities Overcoming
Relationship Abuse
1(800) 300-1080

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

CRISIS INTERVENTION + SUICIDE PREVENTION HOTLINE

24/7 free and confidential support

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.

TOLL FREE:
 **(650) 579-0350**
1(800) 273-TALK (8255)

National Helplines

Disaster Distress Helpline
1(800) 985-5990
Text "TalkWithUs" to 6674

Office for Victims of Crime
1(800) 851-3420
TTY: (301) 947-8374

SAMHSA National Helpline
1(800) 662-HELP (4357)
TTY: 1(800) 487-4889

First Responders

**San Mateo County Critical Incident Stress
Management (CISM) Emergency Line**
(650) 363-4915

Safe Call Now
Anonymous Crisis Line
(206) 459-3020

smchealth.org/bhrsservices



EMOTIONAL SUPPORT FOR YOU AND YOUR FAMILY

AFTER A DISASTER
OR TRAUMATIC EVENT



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



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 an 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 Others

- **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.**