

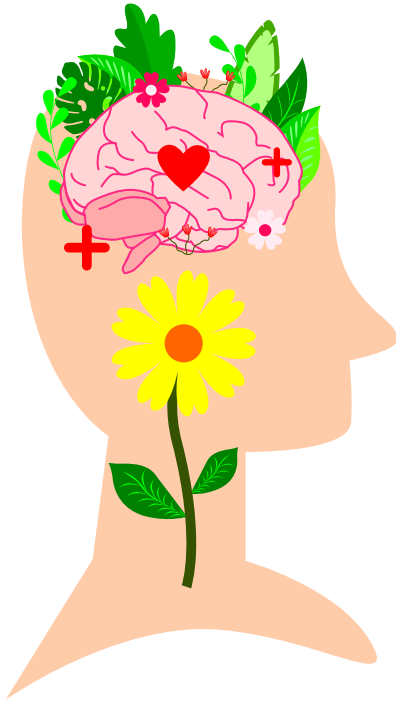
MENTAL HEALTH AND PUBLIC HEALTH EMERGENCIES

Emergencies can make it hard to take care of your mental health.

Emergencies are stressful. People react in different ways. Reactions to stress can include:

- Anxiety
- Sadness
- Hopelessness
- Trouble sleeping
- Tiredness
- Moodiness
- Aches and pains
- Forgetfulness

If these feelings start to get in the way of your daily life, it's a good idea to reach out for help.



How To Take Care Of Yourself



You may feel a lot of emotions before and after an emergency, but it's important to find healthy ways to take care of our mental health. Try these tips:



- **Watch less news.** News can increase stress. Listen to music instead.
- **Connect with your body.** Try relaxing by stretching and deep breathing.
- **Get enough sleep.** Do not use your phone in bed and do not drink caffeine or alcohol before bed.
- **Try a new routine.** Try making small changes each day, instead of trying big changes all at once.

Make a safety plan, if possible, with someone you trust. This will help you if you feel depressed, suicidal, or are in crisis.

Learn more at <https://www.mysafetyplan.org/>.

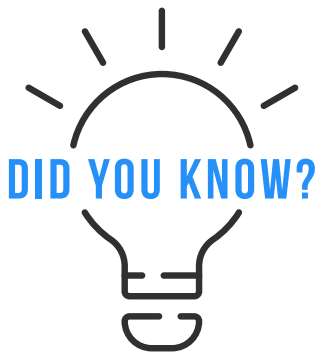
Write three ways you can take care of your mental health during an emergency.

Tip: Think of things you like to do that help you stay calm. Doing a puzzle, cooking, etc.

1.

2.

3.



Emergencies can impact your mental health.

Living through an emergency such as a hurricane, flood, heat wave, or wildfire can impact:

- Trauma or post-traumatic stress disorder (PTSD)
- Stress, depression or sleep disorders
- Mood disorders or violent behavior
- Feelings of grief, helplessness or anxiety

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You are **NOT** alone and asking for help is ok.



- You will find many resources on the next two pages.
- Please share this information with your friends and family.

RESOURCE GUIDE

988 Suicide & Crisis Lifeline

Send a text to 988 (FREE)

24/7

For TTY Users: Use a relay service or dial 711 then 988.

Call for help with:

- Thoughts of suicide
- Depression
- Anxiety
- Thoughts of wanting to harm yourself or others
- Feelings of hopelessness or worthlessness
- Stress

Support is available in:

- Spanish
- French
- Russian
- Mandarin
- Vietnamese



National Alliance on Mental Illness

Mental Health Warm-line

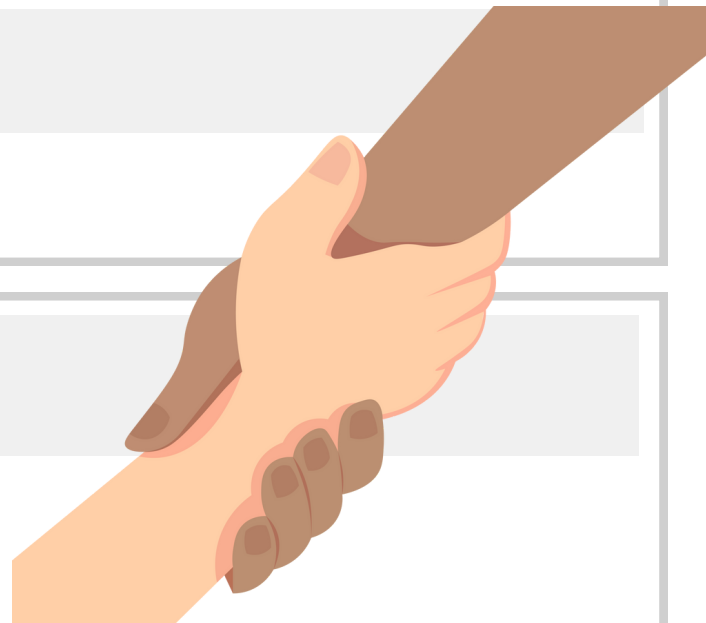
267-687-4381 (FREE)

Call for emotional support.

Suicide Prevention and Crisis Intervention Services

215-686-4420 (FREE)

Call for help with behavioral health crises.



RESOURCE GUIDE

Mental Health Delegate Hotline

215-685-6440

- Call for resources and to access the mobile crisis team for on-site help.
- **Services are available regardless of your ability to pay.**

Department of Behavioral Health and Intellectual Disabilities Services

215-685-5900

- Call for help with intellectual disabilities, mental health, and/or substance abuse.
- **Services are available regardless of your ability to pay.**

If you are unsure what service you need and/or do not have medical insurance, please contact the Behavioral Health Special Initiative (BHSI) at 215-546-1200

Monday - Friday, 8:30am - 5pm.



Health Information Card



Keep this card with you in your wallet, purse, or other safe place.

Department of Public Health
CITY OF PHILADELPHIA

- It is important to plan for emergencies.
- Make a plan so that your basic needs and support systems are available during an emergency.
- Think about your mental health needs while putting together your personal preparedness kit.
- Fill out a health information card and always carry it with you.
- A health information card will help you keep track of:
 - Emergency contact information
 - Important health information
 - Any special needs you have
 - Medicines

For a Health Information Card go to <https://bit.ly/PDPHCard>