



Preventing suicide

After a disaster, it is normal for you to feel stressed, anxious, sad, mad, or guilty. You may have lost loved ones, your home, or your job. For many people, the healing process will take time. However, if you feel like completely giving up or are having thoughts of killing yourself, seek help from counselors or health care professionals right away.

How do I know if I or someone I know needs help?

Suicide (ending your life yourself) results from many causes. You might need to consider help for suicide if after a few weeks or so:

- Your suffering feels too great or lasts so long that you do not think you can handle it anymore
- You are not able to care for your family or to complete daily tasks
- You are still having eating or sleeping problems
- You are getting sick
- You feel like hurting yourself or someone else

How can I get help?

If you or someone you know is thinking about hurting or killing themselves, call the National Crisis Hotline at: 1-800-273-TALK (1-800-273-8255)

What can I do if I am upset?



Stay in touch with family

If possible, stay in touch with trusted family, friends, and neighbors to help deal with the stress and losses that can happen after a natural disaster.

Get help from professionals

Ask for help from doctors or other leaders who are trained to help.



Stay active

Go for a walk or participate in other group activities to keep moving.

Keep busy

Help others in your shelter, community or school.

How can I get help?



Call the National Crisis Hotline for victims of Hurricane Katrina at: 1-800-273-TALK (1-800-273-8255)