

## **Attachment D: Disaster Distress Helpline Focus Group Messages**

### **Take care of yourself, so you can take care of the ones you love.**

Your family depends on you. That's why you want to be strong. Going through a disaster can wear you down. Talking to the trained staff at the Disaster Distress Helpline can help you deal with stress, sadness, anger, or other problems you may be experiencing. In just a short time, you can begin feeling strong and resilient again. So when your loved ones need support, they always know they can lean on you.

Call 1-800-985-5990 or text TalkWithUs to 66746, anytime day or night. It's Free. It's Confidential.

### **You don't have to do it alone.**

Disasters destroy buildings, properties, whole communities. They can also bring people down with them. From trouble sleeping to unbearable anxiety or sadness to drinking or drug use, disasters cause emotional distress for many. But there is help. Call the Disaster Distress Helpline to talk privately with someone who understands and is trained to get you through this difficult time.

Whether it's your house or your life, no one expects you to rebuild alone. You don't have to suffer. And you don't have to wait to call.

The Disaster Distress Helpline. We're here for you. 1-800-985-5990 or text TalkWithUs to 66746.

### **A disaster can hold you back. We can help you move forward.**

The scars of a disaster often remain long after the rebuilding is complete. If you have survived a disaster, you have come far. But the memories may still haunt you. You may feel down, worried, angry, or even numb. You may get headaches or other pain that doesn't seem to have a cause. You may wonder if you'll ever get back to where you were before.

If you or someone you know is struggling after a disaster, call us. Trained counselors can provide support, personal strategies for coping, and referrals to local resources.

The Disaster Distress Helpline. Because there is hope after a disaster.

1-800-985-5990 or text TalkWithUs to 66746.

Free and private.

### **We are where you are.**

People in the [specific area in which we're doing focus group, e.g., Gulf Coast] have been through a lot, including disasters that have caused real distress for many. Anxiety, depression, and physical symptoms are common. Today, the Disaster Distress Helpline answers calls and texts from people in your area who are dealing with all sorts of concerns, from trouble sleeping to emotional crisis. One call provides free, quality counseling on the spot, 24-7/365 days a year, and referrals to local resources for follow-up care and support. As the only national disaster crisis line that never closes, no matter where you are or what you're feeling, we're always there for you. Call 1-800-985-5990 or text TalkWithUs to 66746. It's Free. It's Confidential.