



CRC Public Service Campaign | Heat Safety & Awareness

Week 8 | Personal Resilience

TWITTER

#DidYouKnow: 🤔 As a house ages & shifts on its foundation, gaps open up which can let hot air/smoke enter the building more easily? The more insulated a home is, the better it will maintain the desired temperature & clear air! <http://bit.ly/2YIMgAN> @CRPSacramento

(Image 8.1)

.@distressline is a 24/7 hotline, providing immediate crisis counseling for ppl exping emotional distress after a disaster. Stress, anxiety & depression are common reactions after disasters. Call 1-800-985-5990/text TalkWithUs to 66746 to connect w/a crisis counselor

(Image 8.2)

Feeling, sad, mad, or guilty after a disaster? It's normal. A disaster of any size will cause unusual stress in ppl who have been directly & indirectly impacted by it. Each person will react differently to a disaster & that's normal & to be expected <http://bit.ly/342i0zQ>

(Image 8.3)

FACEBOOK

#DidYouKnow: 🤔 As a house ages & shifts on its foundation, gaps open up which can let hot air/smoke enter the building more easily? The more insulated a home is, the better it will maintain the desired temperature & clear air! <http://bit.ly/2YIMgAN> The Community Resource Project of Sacramento offers weatherization services to assist residents.

(Image 8.1)

People with mental health conditions are more likely to be affected by extreme weather events for several reasons. Many psychiatric medications can interfere with a person's ability to regulate heat and can hinder awareness that their body's temperature is rising 🥵.

Several studies of heat-wave related deaths found the ppl w/mental illness had a 3X greater risk of death from a heatwave than those without mental illness. Ppl living w/mental illness are also more likely to live in poverty, which makes it harder to cope or adapt to changes.

Mental health can also be affected by other impacts of climate change, including food scarcity or food quality issues, potential increases in diseases transmitted by insects (such as Lyme disease and malaria) and air pollution🤧. You can learn more: <http://bit.ly/2zht0vh>

(Image 8.4)

Living through a natural disaster, such as a wildfire or smoke event, can leave survivors with emotional distress caused by the trauma.

A path to recovery & resilience is unique because of individual and cultural differences. At the individual level it could include individual & group counseling, & trauma-informed yoga-an extension of intentional breathing🧠💪🧘

At a community level it can include planning ahead and training responders. SAMHSA's Disaster Technical Assistance Center (DTAC) assists states, territories, tribes, and local entities with all-hazards disaster behavioral health response planning. More info is available here: <https://www.samhsa.gov/dtac/about-dtac>

(Image 8.5)

Image 8.1

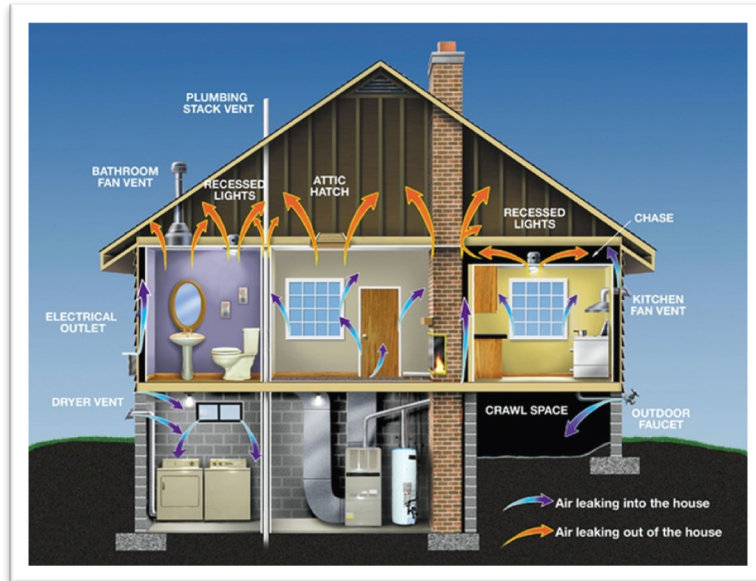


Image 8.2

A dark teal square with a white border. The text is white. The title 'Disaster Distress Helpline' is at the top in a large serif font. Below it is a horizontal line. Then the contact information: 'PHONE: 1-800-985-5990', 'TEXT: "TalkWithUs" to 66746', and 'WEB: disasterdistress.samhsa.gov' in a smaller sans-serif font.

**Disaster
Distress
Helpline**

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746
WEB: disasterdistress.samhsa.gov

Image 8.3

A green rectangular graphic with a white border. The text is white and blue. On the right side, there is an illustration of two hands: one holding a pink and white lifebuoy, and another reaching out towards it.

**WITH SUPPORT
MOST PEOPLE WILL
RECOVER FROM THE
FEAR AND ANXIETY
CAUSED BY A
TRAUMATIC EVENT.**

**BUT SOME OF US
MAY NEED MORE
HELP.**

**WATCH FOR THE FOLLOWING SIGNS AND CONTACT A MEDICAL
PROFESSIONAL IF THEY LAST MORE THAN 2 TO 4 WEEKS:**

- Trouble with sleeping and eating
- Feeling depressed or hopeless
- Being anxious and fearful
- Trouble focusing on daily activities
- Recurring thoughts or nightmares about the event
- Avoiding activities or places that are reminders of the event

Image 8.4

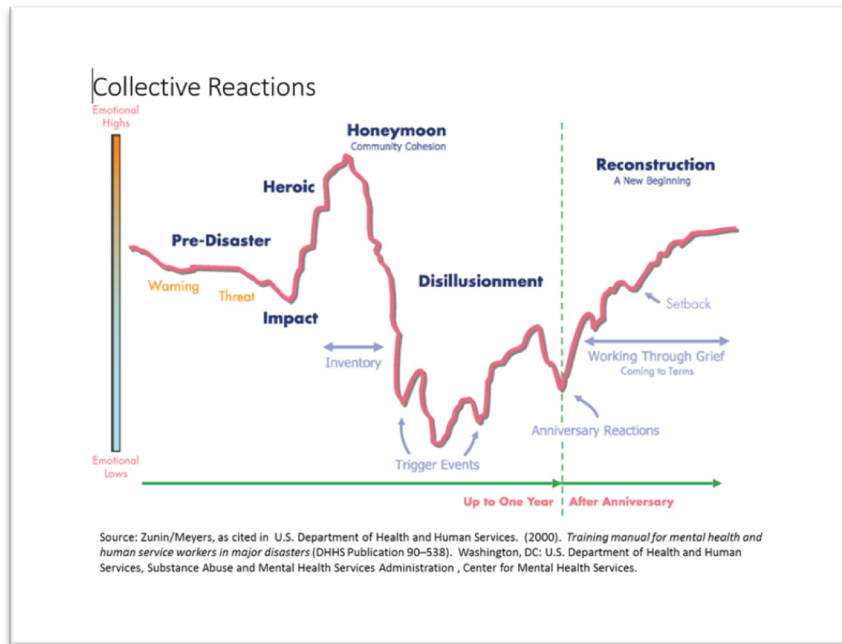


Image 8.5

SURVIVOR EMPOWERMENT
STARTS WHEN WE LEARN:

- How trauma has impacted our brain and nervous system and how to reverse those changes
- The quirks and tics in our behavior are not because we are crazy, broken or irreconcilably different but that these are normal responses to abnormal circumstances
- What is abnormal is the pain, betrayal and shame of abuse
- There is hope presented by neuroplasticity, the ability to regulate our emotions, form new mental habits and release trauma stored in our bodies, and when we rediscover trust through safe, stable nurturing relationships
- How purpose and meaning contributes to post-traumatic growth
- Advocating for ourselves releases us from silence, shame, and the lack of power and control we experienced during the trauma and continues to cast us as victims

echo
RECLAIM YOUR VOICE!