



# You Are Not Alone

Anxiety, depression, panic attacks, and high levels of stress are normal reactions to a disaster or traumatic event. While we recover, make sure to use healthy ways to cope with the feelings you may be experiencing.

## Breathe

- Count to four as you take a deep, slow breath.
- Breathe out for eight counts.
- Repeat three to seven times or until you feel calm.

## Be in the Moment

- Name 3 things you see.
- Name 3 sounds you hear.
- Move 3 parts of your body.

## Change your Focus

- Listen to music.
- Talk to someone you trust.
- Engage in a physical activity.

# We Are Here For You

## Call 2-1-1

Thousands of caring experts are available to help, 24/7. Calls are confidential and can be anonymous.

## Call 9-8-8

Provides 24/7, free and confidential support for people in distress.

## Start to Heal

### HopeForHealingFL.com

Connects Floridians to local resources for assistance with mental health and substance abuse services.

