

# GROW FORWARD WITH IDAHO STRONG

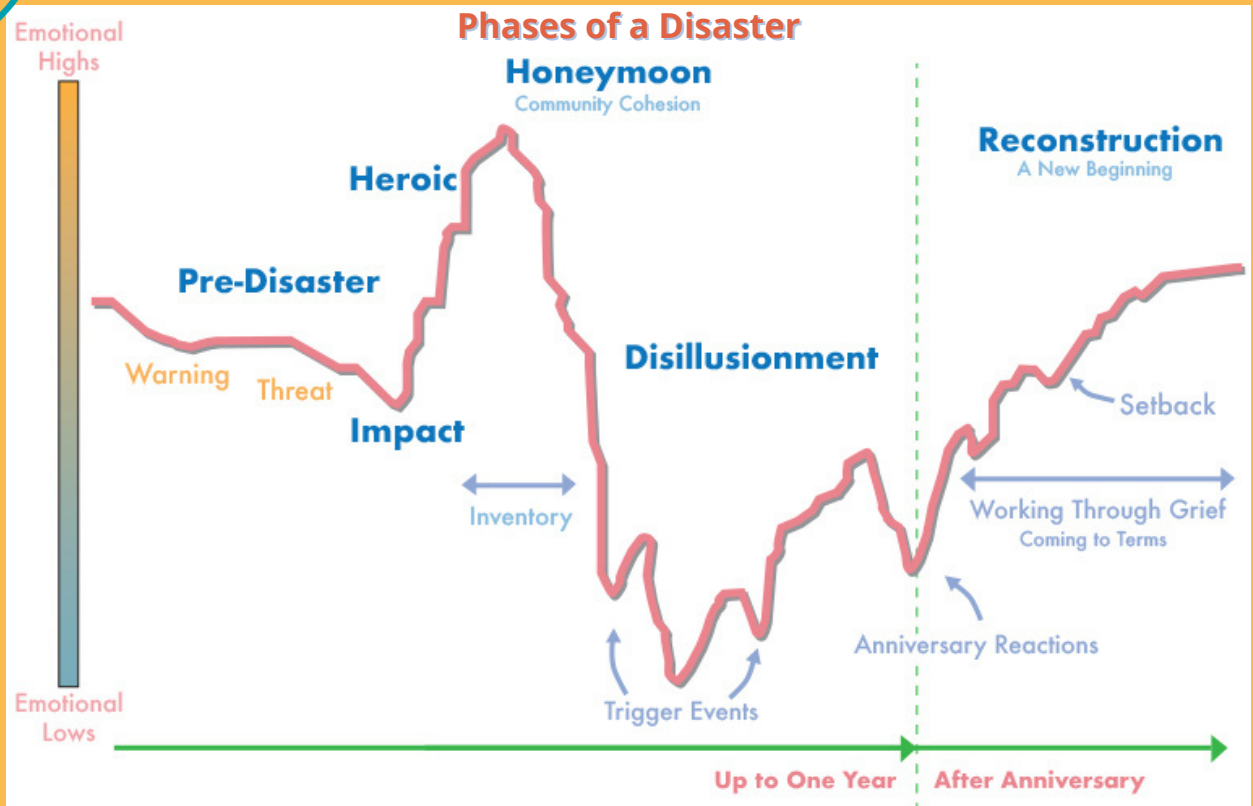
Call or Text 986-867-1073 Call Toll Free 866-947-5186  
National Disaster Distress Helpline Call or Text 1-800-985-5990



Natural disasters affect communities as a whole, but COVID-19 affects individuals at different times, in varying degrees. Emotions run high and low. Thus, the Phases of Disaster timeline differs as we feel the effects. Triggers, setbacks, acts of heroism, and anniversaries are unique to each person. Where are you personally on the timeline?



Scan to  
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website



## Experiences Vary During Disasters

Behavioral, cognitive, emotional, or physical changes are normal in a disaster. You may notice changes to your sleep/diet, trouble making decisions, feeling frustrated or confused, or even experience headaches and other physical symptoms. Try some of the following healthy coping skills if you notice these changes!

Practice  
Mindfulness  
and  
Meditation!

Practice  
talking to  
therapists  
or trusted  
persons

**Exercise!**

Turn off  
social  
media, the  
news, &  
other  
screens

Practice  
Kindness

Talk with your local COVID Crisis Community Resource Specialist or call the COVID HelpNow Line for information! If you, or someone you know is in need, please reach out.

# WELLNESS CHECK-IN



As you respond in the activity below, consider how COVID-19 impacted your life over the last year. Disasters can be hard to process. Idaho Strong offers information about supportive resources. Our specialists connect with people through the COVID Help Now Line, talk with individuals in the community, work with businesses/organizations, offer educational presentations, and more.

**Idaho Strong supports the needs of individuals & communities in the process of growing forward.**

**Your answers here:**



**WHAT** type of disaster reactions have you noticed?



**WHERE** do you think those reactions and feelings come from?



**HOW** can you navigate the reactions? Which supports can you use?

## Resources & Additional Assistance

**Idaho Careline** – Call 211 - A free, statewide, community information and referral service

**Idaho Suicide Prevention Hotline** – Call (800) 273-8255 or Text (208) 398-4357

**SAMHSA Disaster Distress Helpline** - Call (800) 985-5990 or visit [DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)

**Regional Behavioral Health Crisis Centers** – Visit [healthandwelfare.idaho.gov/services-programs/behavioral-health/statewide-crisis-centers](https://healthandwelfare.idaho.gov/services-programs/behavioral-health/statewide-crisis-centers)