

Managing your Mental Health After Hurricane Ian



Lee County
Southwest Florida

Feeling stressed and overwhelmed during this time is normal

- Help friends, family, and others in a positive way
- Take a break from the news
- Try to keep a normal routine
- Deep breathing can help if you are feeling anxious
- Seek professional help

Disaster Distress Helpline
1-800-985-5990

Crisis Counselors and
Resources Dial 2-1-1

Crisis Text Line
Text HELLO to 741741

National Suicide Prevention
Lifeline Dial 9-8-8