



## Responding to Stressful Events



### 1 It's OK to NOT be OK

It is natural to feel stress, anxiety, grief, and worry during and after a stressful event. Everyone reacts differently, and your own feelings will change over time.

Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to urgent needs to protect yourself and your loved ones.

### 2 Things you can do to take care of yourself during a stressful event:

- Eat healthy and try to get adequate sleep.
- Avoid alcohol or other drugs.
- Accept help from family, friends, coworkers, or clergy. Talk about your feelings with them.
- Reach out for support when needed.

### 3 When should you get help?

Sometimes we need help from a health professional such as a family doctor, social worker, or nurse. Ask for help if you have:

- Feelings of shock, numbness, or disbelief
- Difficulty concentrating
- Feelings of extreme helplessness
- You are not able to take care of yourself or your loved ones

**Stressful events, such as flooding, require communities to come together.**

**If you or someone you know is experiencing feelings of stress, anxiety, grief, worry, anger or suicide, contact a crisis line, 24/7:**

**Ages 16 or older**  
**Mental Health Crisis Line**  
[https://www.crisisline.ca /](https://www.crisisline.ca/)  
**1-866-996-0991**

**Ages 18 and under**  
**Child, Youth & Family Crisis**  
**Line [www.icrs.ca](http://www.icrs.ca)**  
**1-877-377-7775**