

POST TRAUMA SUPPORT

When a natural disaster strikes without notice it often causes Post Traumatic Stress for survivors. NVCSS provides Psychological First Aid to Survivors as they are evacuated from a natural disaster. This also includes long term disaster recovery skills for psychological healing and resilience.

PROTECT	———	Protect from further threat and distress
COMFORT	———	Comfort and console
SUPPORT	———	Support for practical tasks
PROVIDE	———	Provide information on coping
CONNECT	———	Connect with social supports
EDUCATE	———	Educate about normal responses
CARE	———	Care for immediate needs

NVCSS Disaster Outreach:

2400 Washington Ave
Redding, CA 96001

Phone: **530-247-3341**

Email: crisisoutreach@nvcss.org

Web: nvcss.org/disasterservices

Tips On Coping:

- Give yourself time and space to recover
- Try to maintain routines when possible
- Schedule activities you enjoy
- Stay connected. Spend time with people who care and talk to them if you are able
- Give your body a rest. Make sure you have good sleeping routines
- Avoid blaming others
- Avoid withdrawal from family and friends
- Avoid negative self talk
- Avoid excessive use of alcohol and drugs

Accept that this experience is a part of your life journey. Seek a professional if symptoms linger or become unmanageable.



DISASTER OUTREACH

**Assisting Survivors
Along Their Recovery
Journey**



#1

Who Are We: [Disaster Outreach](#) is a community-based program that was created to support survivors recovering from the impact of natural disasters. We serve survivors in all counties NVCSS works in and offer help to all impacted by natural disasters. NVCSS serves: Shasta, Tehama, Siskiyou, Trinity, Butte, Glenn, Plumas and Lassen counties.

#2

What We Do: We provide tools, techniques and training on how to build resilience, lessen stress reactions, face grief and move forward into a new normal. We also help survivors find resources for specific needs.

#3

We Can Help: If you are:

- Having difficulty sleeping
- Feeling tired all the time
- Easily startled
- Feeling anxious or fearful
- Having difficulty talking about what happened
- Having lack of motivation

We are here for you. Give us a call **530-247-3341**

#4

Other Recovery Resources:

- 211 NorCal - Call 211 or visit 211norcal.org
- Disaster Distress Helpline: 1-800-985-5990
- Text "TalkWithUS" to 66746
- WEB: diasterdistress.samhsa.gov
- National Suicide Prevention Hotline: Dial 988

