

GROW FORWARD WITH IDAHO STRONG

Call or Text 986-867-1073

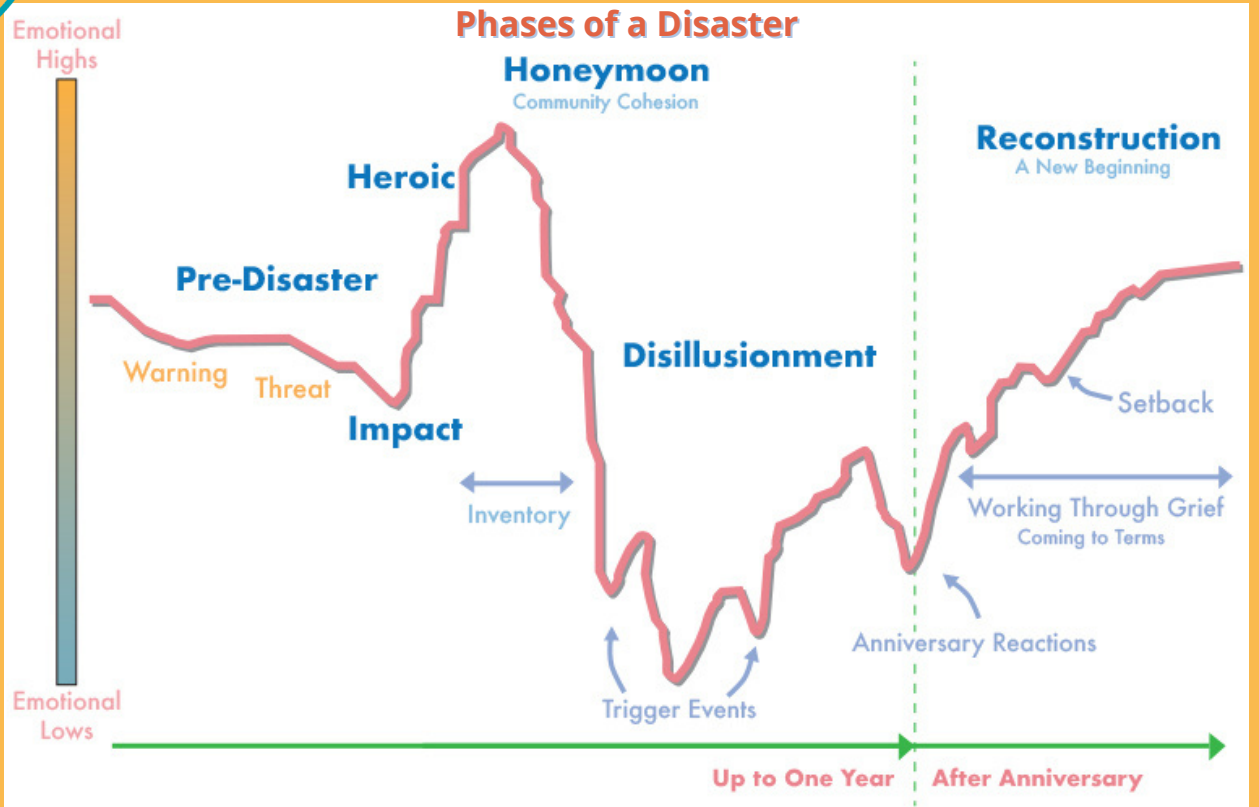
Call Toll Free 866-947-5186



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
visit our
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.

Dustin Lapray: Ada, Elmore, Valley, Boise, Canyon Lewis, Owyhee, Washington, Payette, & Gem County (208) 576-2771 — dustin.lapray@dhw.idaho.gov

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.



WHAT type of disaster reactions have you noticed?

Your answers here:



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

Substance Abuse and Mental Health Services Administration (SAMHSA) – Visit www.samhsa.gov

Regional Behavioral Health Crisis Centers – Visit healthandwelfare.idaho.gov/services-programs/behavioral-health/statewide-crisis-centers