



PUBLIC SERVICE ANNOUNCEMENT

Coping With Depression and Thoughts of Suicide After a Disaster

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

This is an important message from the U.S. Department of Health and Human Services.

After a natural disaster, it is normal to feel sad, mad, or guilty—you may have lost a great deal. If you feel like completely giving up or are having thoughts of suicide, get help. Stay in touch with family and friends, find a support network, and talk with a counselor. Getting involved with others can help. For more information, call 1-800-273-TALK.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.

For more information, visit emergency.cdc.gov/disasters/hurricanes, or call CDC at 800-CDC-INFO (English and Spanish) or 888-232-6348 (TTY).