

Coping With Depression and Thoughts of Suicide After a Disaster PSA (:30)

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 (1-800-273-8255).