

# Need someone to talk to?



CALL  
24/7

The impact of Hurricane Helene can be overwhelming for adults, youth and children. Everyone has different stress responses that may include:

- Feeling alone.
- Irritability or feeling out of sorts.
- Head, stomach or body aches.
- Changes in sleep or eating patterns.
- Difficulty concentrating, forgetful.
- Fear for your own health.
- Worrying about the health of your family or friends.
- Increased use of alcohol, tobacco or other drugs.
- Feeling stuck, no time for self-care.
- Looking for ideas to stay calm and healthy.

HOPE  4 NC

HELPLINE 1-855-587-3463



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

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