

WE'RE HERE FOR YOU

(505) 622-4422 1-888-920-6333
24-Hour Crisis Lines
(505) 852-4425

Project Recovery of Northern New Mexico

If you or someone you know is experiencing any of these symptoms, don't hesitate to call.

If the pain is too much, do something good for yourself. Now is the time to do it. Be with people. Life does not return to normal. People are waiting.

ASK FOR HELP: Research shows that people who ask for help come through disasters stronger and faster.

Talk: It takes courage to reveal what you are feeling.

Isolation can be a normal part of disaster recovery. A few ways to break the feeling and make new friends include:

Overcoming the tendency to isolate increases chances of overcoming the tendency to withdraw from others.

Many who survive a disaster experience a strong feeling of isolation, which is normal.

Anxiety with overwhelming surroundings:

Fear of hospitalization:

Anger:

Suspicion:

Confusion - Disorientation:

Depression:

Losses:

Emotional Symptoms:

Emotional reaction to receiving "bad news."

Physical or sensory impairments:

Sleep disturbances:

Worsening of chronic illness:

Behavioral Symptoms:

Rejection and alienation problems:

Mobility impairments:

Withdrawal and isolation:

A loved one may be having:

months later, these are some of the symptoms you or someone else may experience immediately, while others may appear over time. Some disaster stress reactions may be signs of a disorder. Different issues and concerns stress of a disaster.

Each age group is vulnerable in unique ways to the specific concerns of older adults following a disaster.