



# NEWS BULLETIN

## SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

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**F**or **Y**our **I**nformation from...SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES

### PROJECT HOPE – CRISIS COUNSELING for PEOPLE AFFECTED by NATURAL DISASTERS

Here in Suffolk County, many people have been affected by Tropical Storm Irene...Project HOPE provides **FREE** crisis counseling to those whose lives were impacted by Tropical Storm Irene. Staff is available to assist individuals, families, community groups, businesses and service organizations

**COMMON REACTIONS to STRESS** that may help you determine if you might benefit from Project Hope services:

#### Emotional Reactions

People feel and express their reactions to a crisis differently. They may...

- ❖ Feel very nervous, helpless, fearful or angry
- ❖ Feel hopeless about the future
- ❖ Feel detached or unconcerned about others
- ❖ Feel numb and unable to experience love or joy
- ❖ Be irritable or have outbursts of anger
- ❖ Become easily upset or agitated
- ❖ Have frequent distressing dreams or memories
- ❖ Avoid people, places and things related to the disaster
- ❖ Have difficulty concentrating

#### Physical Reactions

How people physically react to a disaster varies. They may...

- ❖ Have an upset stomach, eat too much or too little, or have gastrointestinal problems
- ❖ Experience a pounding heart, rapid breathing, sweating or severe headache when thinking about the disaster
- ❖ Have trouble falling asleep, staying asleep, or sleeping too much
- ❖ Unable to take care of your children
- ❖ Feel like hurting yourself or others
- ❖ Relying on alcohol and drugs to cope
- ❖ Have other fears or worries

**If you recognize these behaviors in yourself or others, PLEASE SEEK ASSISTANCE!**

**For more information, please contact Project HOPE at (631) 358-6940**

**or visit their web page: <http://www.projecthope.org/>.**

*Project HOPE is funded through a grant by the Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration. Project HOPE is a program of the NYS Office of Mental Health.*



*The Suffolk County Health Department's Cancer Awareness Task Force reminds you to protect yourself from the sun's harmful ultraviolet (UV) rays all year round.*