

# You Survived The Hurricanes.



**Now Getting Through the Day Can Seem Just as Hard.**

You survived hurricanes like this country has never known. You are safe. But things don't feel okay. Home, friends and neighbors seem far away. Life is so different now.

If life is feeling too hard, know that help is available. Any time of the day or night. And it's completely free and confidential. You are not alone. Just pick up the phone. We're here to help.

If you or someone you know is having trouble coping or is thinking about suicide, call the National Suicide Prevention Lifeline:

**1-800-273-TALK (8255)**

**With help comes hope.**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

NATIONAL  
**SUICIDE  
PREVENTION**  
LIFELINE™  
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