



## Stress after a Natural Disaster can Affect You Help is Available - *You Are Not Alone!*

In the wake of Hurricane Helene, we understand that many in our community are facing immense challenges.

Everything you know and depend upon might be negatively impacted. You question how it will all get back to normal and how you can cope with such a tragedy. That emotional toll can be just as significant as the physical damage.

At Central Florida Behavioral Health Network, we want to assure you that we are here to support you in any way we can during this difficult time.

If you or a loved one is feeling overwhelmed, anxious, or in need of emotional support, please do not hesitate to reach out.

Resources are available 24/7 through the 988 Suicide & Crisis Lifeline and 211 for assistance with essential services. Together, we can navigate the path to recovery and healing.

Stay safe, and remember, you are not alone.

To find a CFBHN provider please use this link for our **Service Locator**.

*Should you need further assistance, please phone our office at **813-740-4811**. During closures, after business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the **2-1-1** line of the Crisis Center of Tampa Bay.*



*a personal note from*  
**Alan Davidson**  
President & CEO

### **Note -**

*If you are experiencing a medical emergency, please hang up and dial **911**.*