



Children may not understand
after a natural disaster
Help is Available - *You Are Not Alone!*

Hurricane Helene has been a natural disaster of massive proportions. Many have lost everything and face challenges most can't image.

Even though you may have help for basic needs, your child may not understand. You wonder - is there something I can do to help them feel less stressed and process this tragedy in an age appropriate way?

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 your child is 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.

**Central Florida Behavioral
Health Network, Inc**

719 South US Highway 301
Tampa, FL 33619
Phone: 813-740-4811

