

# COUNSELING SUPPORT

**AR**  
STRONG



It's common to show signs of stress after exposure to a disaster like a tornado, and it is important to monitor your physical and emotional health.

**Community Mental Health Centers** around the state respond to disasters and tragedies with free counseling support. Read below for information on signs to watch for as well as contact information for free counseling support for adults and children dealing with any trauma tied to the tornado.

## DISASTER RESPONSE: FOCUS ON YOUR MENTAL HEALTH

Disasters can bring about significant stress. Each positive action you take can help you feel better and more in control. Flip this over for more information.

Services are available to Arkansans of all ages affected by the tornado through the providers below. If you are already receiving services, you can also reach out to your current provider:

### THE CENTERS

SERVING LITTLE ROCK

Crisis Line: 501-666-8686

#### Little Rock Clinic

1521 Merrill Drive  
Little Rock, AR 72211  
501-666-8686

### MIDSOUTH

SERVING CROSS COUNTY

Crisis Line: 1-800-382-3117

#### Wynne Clinic

661 Addison  
Wynne, AR 72396  
870-238-1135

### PROFESSIONAL COUNSELING ASSOCIATES

SERVING OTHER AFFECTED AREAS NORTH OF THE ARKANSAS RIVER

Crisis Line: 1-800-592-9503

Warm Line: 1-833-236-2131

#### Springhill Clinic

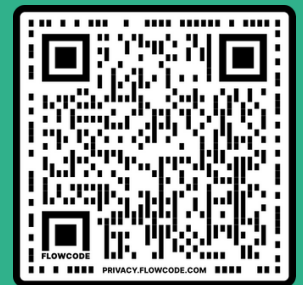
4354 Stockton Dr.  
North Little Rock, AR. 72117  
501-955-7600

#### Lonoke Clinic

201 West Second St.  
Lonoke, AR. 72086  
501-676-3151

#### Cabot Clinic

405 North Second St.  
Cabot, AR. 72023  
501-843-3503



**SCAN THE QR CODE OR VISIT  
HUMANSERVICES.ARKANSAS.GOV/U/ARSTRONG  
FOR MORE INFORMATION.**

# RESPONSE TO TORNADO

## DISASTER RESPONSE: FOCUS ON YOUR MENTAL HEALTH


Disasters can bring about significant stress. The good news is that many people have experience coping with stressful life events and are naturally resilient—we are designed to bounce back from difficult times.

### WHAT YOU'RE FEELING NOW

When we experience a disaster, we can have a variety of reactions, all of which can be common responses to difficult situations. These reactions can include:

- Feeling physically and mentally drained
- Having difficulty making decisions or staying focused on topics
- Becoming easily frustrated on a more frequent basis
- Arguing more with family and friends

Most of these reactions are temporary and will go away over time. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.



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### WHAT YOU CAN DO

Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- Limit your exposure to the sights and sounds of disaster.
- Eat healthy and get some rest.
- Stay connected with family and friends.
- Set priorities. Tackle tasks in small steps.
- Be patient and stay positive.

### KIDS AND DISASTERS

Children experience traumatic events differently. Experiencing a disaster can leave children feeling frightened, confused, and insecure. No matter how they react – more agitated, more clingy, more emotional – they will need extra attention or reassurance from adults they trust. Here are a few tips for helping children after a traumatic event:

- Provide children with opportunities to talk
- Don't be afraid to admit you don't have all the answers
- Allow kids to discuss their fears and concerns
- Answer questions appropriately for their age.

## DISASTER SNAP

DHS is seeking approval to offer Disaster SNAP (D-SNAP) assistance, and will provide information as soon as it is available. Some resources are already available:

- Eligible SNAP recipients in Cross, Lonoke, and Pulaski Counties with food losses due to the tornado can now visit a DHS county office to fill out a declaration of food loss.
- Residents in those three counties whose income has ended because of the disaster can also visit a county office to fill out an expedited application for SNAP.