



Chatham County Board of Commissioners
124 Bull Street, Savannah, GA 31401

Free Crisis Counseling Available to Georgia Disaster Survivors

SAVANNAH, GA (November 18, 2016) - In the weeks and months after disaster strikes, the path to recovery can pose many uncertainties. Something as routine as waking up for work or as pressing as completing home repairs can become daunting.

For disaster survivors who find themselves fatigued, short-tempered, suffering from depression, hopelessness, lack of sleep or loss of appetite, FEMA has paired with the State of Georgia to offer free crisis counseling services until Dec. 16.

Crisis counseling is available through the Georgia Crisis and Access Line at **800-715-4225** (same number for TTY users). For a list of resources, Matthew disaster survivors can log into the Georgia Department of Behavioral Health and Developmental Disabilities at dbhdd.georgia.gov/dbhdd-services.

The Substance Abuse and Mental Health Services Administration [Disaster Distress Helpline](#) is a national hotline dedicated to providing year-round immediate crisis counseling for people experiencing emotional distress related to any natural disaster.

Mental health professionals offer some suggestions to help cope with emotions after a disaster:

- Return to a daily routine as soon as possible.
- Maintain a healthy diet and sleep eight hours each night.
- Exercise every day, even if it is just walking.
- Spend extra time with people who may be more likely to experience stress-related emotions or confusion such as children and older friends or family members.

The free counseling services are available to individuals and households in **Bryan, Bulloch, Chatham, Effingham, Evans, Glynn, Liberty, Long, McIntosh** and **Wayne counties** who sustained damage from Hurricane Matthew Oct. 4-15.

For updates on Georgia's Hurricane Matthew response and recovery, follow @GeorgiaEMA and @FEMARegion4 on Twitter and visit gemhsa.ga.gov and fema.gov/disaster/4284.

