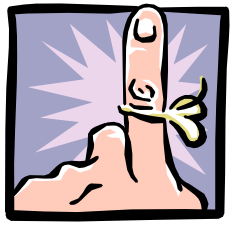
Remember To:



- Take care of yourself
- Laugh
- Exercise
- Stay in a routine
- Talk to family members and friends
- Seek additional help if you need it

Project Recovery

Project Recovery has been developed to assist people in finding ways to cope with stress caused by Hurricane Katrina.

Project Recovery provides free crisis counseling services through community outreach, public education and information and referral. There are no medical or financial screening methods to qualify to receive services.

Project Recovery staff are available to individuals, families, community groups, businesses and service organizations at no charge for the purpose of realizing wholeness and coping with the devastation of the hurricane.

Project Recovery is funded through a grant by the Department of Homeland Security's Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration (SAMHSA). The project is a division of the Mississippi Department of Mental Health.

If you need help in coping with the stress caused by Hurricane Katrina, call the Project Recovery Helpline at 1-866-856-3227. The Helpline is available 24 hours a day, seven days a week.

PROJECT RECOVERY

Hurricane Katrina One Year Later

Remembering
Reflecting
Recovering

Project Recovery Helpline
1-866-856-3227

Hurricane Katrina Remembering—Reflecting—Recovering

As the anniversary of Hurricane Katrina approaches, many people may begin to feel a return of fear and uneasiness. The anniversary reaction can involve days, weeks or even months of anxiety, anger, night-mares, flashbacks, depression or fear.

Project Recovery is here to listen and help you cope with the affects of Hurricane Katrina on your life.

The anniversary of Hurricane Katrina also provides you an opportunity for emotional healing.

It is important to understand that not all survivors of Hurricane Katrina will experience an anniversary reaction. However, those that do may be troubled because they do not expect or understand their reactions. Knowing what to expect in advance can be very helpful.

Common Anniversary Reactions

- Memories, dreams, thoughts and feelings
- Grief, regret and sadness
- Fear and anxiety
- Frustration, anger and guilt
- Avoidance of reminders of the disaster
- Reflection on ways in which life has changed
- Physical ailments or symptoms (headaches, sleep disturbances, eating disorders)

Things to Do on August 29

- Celebrate the strengths you have developed as a survivor.
- Reflect on the positive things that have happened since the hurricane.
- Focus on rebuilding yourself and your community.
- Talk with others about your thoughts and feelings. Talking with others will help complete the healing process.

Ways to Cope With Stress

- Take time to relax and have fun.
- Take care of your health.
- Avoid using alcohol or drugs to help you cope with stress.
- Try to maintain your routines.
- Remember to take time to attend to the needs of your family, especially children.

If you need help in coping with the stress caused by Hurricane Katrina, call the Project Recovery Helpline at 1-866-856-3227.
The Helpline is available 24 hours a day, seven days a week.