

The effect of shelter displacement and uprooting due to natural disasters on the mental health of individuals impacted by them

Our group focused for this social action project was the effects of shelter displacement and uprooting due to natural disasters on the mental health of individuals impacted by them. We did research on the statistics of natural disasters such as how many people and children are affected by them, how many deaths have been caused, and how many people suffer from trauma due to natural disasters. We researched some warning signs or risk factors of people suffering with trauma from natural disasters, both children and adults. We also researched what life is like in shelters after going through these traumatic events and what they lack. The intended audience for our project goes to those who have experienced going through a natural disaster or those who know others that have. The efforts we did to disseminate our project was to create infographics with information on it from our research.

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WARNING SIGNS AND RISK FACTORS DUE TO NATURAL DISASTERS

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling helpless or hopeless

- Having unexplained aches and pains, such as constant stomachaches or headaches

- Excessive smoking, drinking, or using drugs, including prescription medications

- Worrying a lot of the time; feeling guilty but not sure why

- Thinking of hurting or killing yourself or someone else

- Having difficulty readjusting to home or work life



<https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>



EMERGENCY
RESPONDERS TIPS



Get Support

- + Buddy System
- + It is not selfish to take breaks
- + Monitor each other's workload
- + Limit working alone
- + Draw boundaries, it's ok, say NO
- + The needs of survivors are not more important than your own

www.emergency.cdc.gov

HOW TO TALK WITH CHILDREN ABOUT NATURAL DISASTERS

- Pay attention & be a good listener
- Allow them to ask questions
- Encourage positive activities
- Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

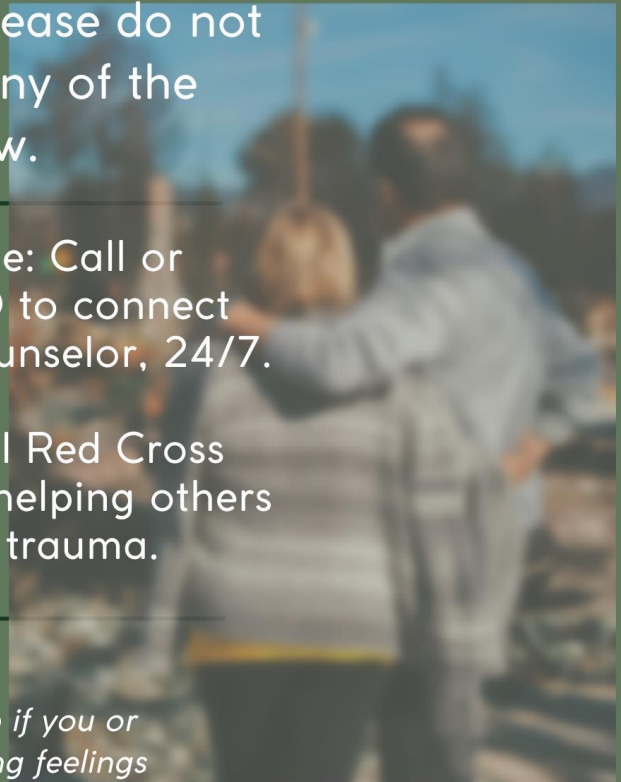
Resources and Hotlines FOR DISASTER DISTRESS

Natural Disasters impact everyone in different ways. It is important to get help as soon as possible. If you are struggling please do not hesitate to contact any of the resources listed below.

Disaster Distress Hotline: Call or Text 1-800-985-5990 to connect with a trained crisis counselor, 24/7.

Reach out to your local Red Cross for information about helping others cope with disaster and trauma.

Please seek immediate help if you or someone you know is having feelings associated with trauma from a recent natural disaster.



◆ The Impacts

OF NATURAL DISASTER IN CHILDREN

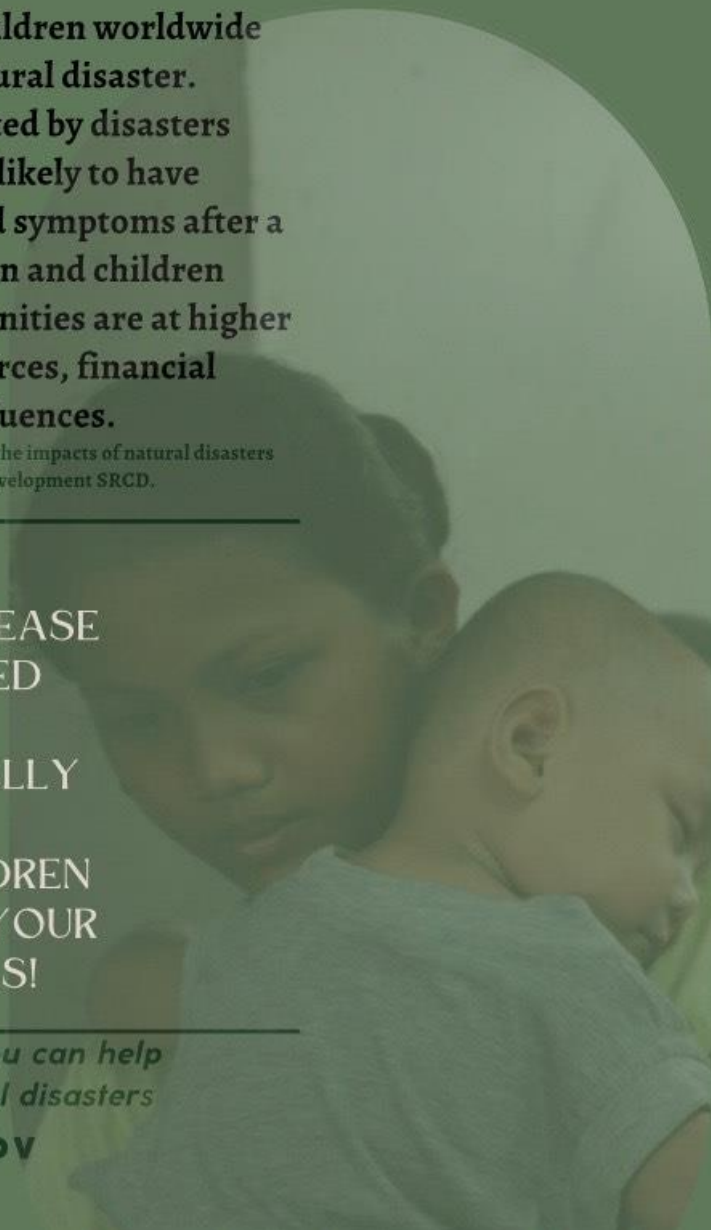
Every year, 175 million children worldwide are expected to face a natural disaster. Children are more impacted by disasters than adults and are more likely to have continued trauma-related symptoms after a disaster. Minority children and children from low-income communities are at higher risks due to the low resources, financial limitations and social influences.

Lai, B., & La Greca, A. (n.d.). Understanding the impacts of natural disasters on children. Society for Research in Child Development SRCD.

**CALL TO ACTION!
DEMAND THE INCREASE
OF EVIDENCE-BASED
MENTAL HEALTH
SERVICES ESPECIALLY
TO THE MOST
VULNERABLE CHILDREN
BY CONTACTING YOUR
ELECTED OFFICIALS!**

*Learn more about how you can help
children cope with natural disasters*

WWW.NIMH.NIH.GOV



The Psychological Effects of Natural Disasters

The psychological effects of the disaster are more drastic among children, women and dependent elderly population. After any sudden disaster or chronic disaster, they become the most vulnerable population.

Families experiencing natural disasters faced a loss of their identity by losing the work they have been engaged.

Various studies have explained the physical and psychological health effects of the flood

During and after flood situation people suffering from physical health effects like cold, cough, flu, sore throat, or throat infections and headaches, skin rashes, gastrointestinal illness, chest illness, high blood pressure, asthma which results in psychological stress

