



**be aware...**



**be open**

**and**

**ask...**

**of recovery counseling for yourself**

**and your family and friends**



**Post Traumatic Stress! It's not just for soldiers! As needs for safe havens from the storm became needs for food, clothing, shelter and medical attention, we had very little time to recognize emotional, psychological and spiritual needs. As we now begin to recognize those needs, many of us will require help for ourselves and loved ones.**

**Just talking—telling our stories—is really important, and it helps us to regain our emotional grounding. DO tell your story! And try to be a good listener to the stories of others. Give some special emotional attention to the very young among us, remembering that their concept of time is not yet well-formed. Guard them from too much storm footage on media sources. They may see pictures that make them think the storm is coming again.**

**Become aware of signs of personal change that may be exhibited by people of any age who are recovering from the storm. Eating and sleeping habit changes, sudden weight loss or gain, temperament changes, and new or intensified fears are examples of concerns that should be addressed.**

*Here is a quickly prepared partial listing of agencies (name, main location, telephone number) that can provide grief, crisis and recovery counseling in the coming weeks and months. Call to ask for information regarding services, costs and appointment availability.*

- DeKalb County Children's Advocacy Center –  
Fort Payne 256-997-9700
- DeKalb County CED Mental Health Center –  
Fort Payne 256-845-4571
- Red Cross –  
Fort Payne 256-845-0202
- Comfort Care Hospice –  
Fort Payne 256-259-0913
- Relationship Clinic –  
Fort Payne 256-845-7920
- Family Life Center –  
Fort Payne 256-997-9356  
Scottsboro 256-574 3448
- DeKalb Baptist Association –  
Rainsville 256-638-4441
- DeKalb Youth Service Center –  
Rainsville 256-638-8821
- Upper Sand Mountain Parish –  
Sylvania 256-638-2126