

## **What can I do about storm anxiety?**

Storm anxiety is real. Empower yourself by being more knowledgeable and prepared for the next time storms come. Visit: <https://www.weather.gov/oun/stormanxiety>

Prepare for storms:

1. Know your local geography
2. Get information from official, reliable sources
3. Have 3 ways to get storm alerts and warnings
4. Know where you will go if you need to take shelter

Plan for how you will take shelter: <https://www.weather.gov/oun/stormanxiety-shelter>

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A healthy fear of thunderstorms is a good thing when it helps you be safe, but when it obstructs your normal daily routine, the Disaster Distress Helpline is available:

For help, call: 1-800-985-5990 or text TalkWithUs to 66746



Web: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

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### **Mindfulness**

Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. Mindfulness Coach will help you practice mindfulness meditation.

**Google and iPhone Apps:**  
[https://www.ptsd.va.gov/appvid/mobile/mindfulcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)



### **PTSD Coach**

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma or disaster.

**Google and iPhone Apps:**  
[https://www.ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

**Web site:**  
<https://www.ptsd.va.gov/apps/ptsdcoachonline/>



### **PTSD Family Coach**

Living with a family member who has PTSD can be stressful. The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children. PTSD Family Coach also has information on how to help your loved one get the treatment they deserve.

**Google and iPhone Apps:**  
[https://www.ptsd.va.gov/appvid/mobile/familycoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)

Find a counselor trained in trauma: <https://www.psychologytoday.com/us/therapists/trauma-and-ptsd>