

In the months after a hurricane hit her town, Abby had to get used to a new normal. She leaned on her family for support.

“Spending time with my family has brought us closer together. I’ve been able to share my feelings and my struggles - we’re all in this together.”



If you’ve been through a natural disaster, opening up to family and friends can help you feel better. Watch Abby’s story and learn more ways to cope at www.cdc.gov/disasters/teens.



Need to talk to someone? Call or text the SAMHSA Disaster Distress Helpline at 1-800-985-5990.



Centers for Disease Control and Prevention
National Center for Environmental Health