

Mariana's life changed overnight when a hurricane destroyed her home. In the months after the disaster, she found comfort in spending time with her family and helping others.

“Stay close to the people that love you, and help each other get through this difficult time. Always share and help people - and try not to take anything for granted.”



If you've been through a natural disaster, spend time with the people you love —and do what you can to help others. Watch Mariana's story and learn ways to help at www.cdc.gov/disasters/teens.



Need to talk to someone? Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990 or text "TalkWithUs" to 66746.



Centers for Disease Control and Prevention
National Center for Environmental Health