



**For Help, Call Today**

## The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

### How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

## LSUHSC Campus Assistance Program

### About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

### Contact Us

Phone: (504) 568-8888

Email: [cap@lsuhsc.edu](mailto:cap@lsuhsc.edu)

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program  
411 S. Prieur St.  
2<sup>nd</sup> Floor Office 233  
New Orleans, LA 70112

Phone: (504) 568-8888

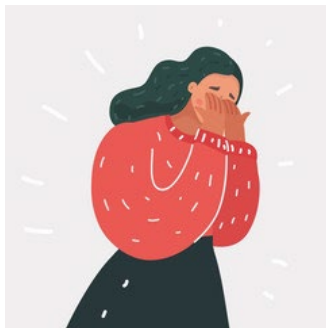


Campus Assistance Program



## Recovering from Severe Weather Events

Prepared by The LSUHSC Campus Assistance Program.  
(504) 568-8888



## Emotional Reactions

Hurricanes, tornadoes, and other severe weather may strike with little to no warning. In an instant, your home and community may be damaged or destroyed and forever changed. Even if your home or business does not suffer directly, no one who experiences disaster is untouched by it. For many, the disaster continues as a very real presence: ongoing red tape, repairs, financial problems, prolonged stress, tension, and health concerns. Feelings of sadness, depression, frustration, anger, and anxiety are common.

The loss or damage to your home, property, and personal belongings will set into motion weeks and even months of effort to recover and rebuild. While physical property and possessions are initial concerns that consume your time and energy, emotional reactions to disaster and catastrophic events are often pushed aside or ignored.

It is very common for people to experience a wide range of emotional reactions to a disaster or catastrophic event. However, it is extremely important to remember that they are **NORMAL REACTIONS TO AN ABNORMAL EVENT**.

## Warning Signs

### Your Behaviors

- Getting to sleep or staying asleep becomes a continuing issue
- Isolating yourself or withdrawing from others
- Keeping excessively busy to avoid the effects of the disaster
- Increasing reliance of anger and conflict with family members of other people
- Increasing reliance on mood altering substances
- Becoming tearful or crying easily for no apparent reason

### Your Feelings

- Feeling “not yourself” or out of balance
- Feeling a loss of interest in regular activities
- Feeling a sense of despair, hopelessness, or emptiness
- Experiencing anxiety or fear
- Feeling irritable, short-tempered, or resentful
- Feeling depressed, sad, or down much of the time

### Your Thoughts

- Trouble concentrating or remembering things
- Difficulty making decisions
- Replaying the events in your mind
- Recurring dreams or nightmares

## Weather Preparedness Resources

### LSUHSC Emergency Preparedness and Response Information

[https://www.lsuhs.edu/orgs/campushealth/docs/Emergency\\_Preparedness\\_Information.pdf](https://www.lsuhs.edu/orgs/campushealth/docs/Emergency_Preparedness_Information.pdf)

### LSUHSC Hurricane Preparation Tips

<https://www.lsuhs.edu/administration/ocp/hurricane-tips.aspx>

### Louisiana Governor’s Office of Homeland Security & Emergency Preparedness

<https://gohsep.la.gov/>

### Louisiana Red Cross

<https://www.redcross.org/local/louisiana.html>

### Federal Emergency management Agency (FEMA)

<https://www.fema.gov/>

### Disaster Distress Helpline

Call or Text **1-800-985-5990**

### Louisiana Spirit Crisis Counseling Program

<https://ldh.la.gov/page/201>

Call **1-800-273-8255**