

Impact to Children

After a disaster, children may experience anxiety, difficulty concentrating, and anger outbursts.



HURRICANES

More than 50% of children exposed to the disaster exhibit symptoms of:

- Posttraumatic Stress Disorder (PTSD)
- Disruptive behaviors
- Manifestations of psychological distress



FLOODS

Youth and their families may be affected by economic impacts of floods including:

- Job loss
- Financial hardship
- Stress



THUNDERSTORMS

Thunderstorms can produce anxiety or stress due to loud noises, bright flashes of lightning and strong winds. Anxiety can lead to changes in appetite or sleeping.

This can be overwhelming to those who have experienced traumatic weather events in the past.



WINTERSTORMS

Power outages during winter storms can disrupt daily routines, leading to boredom and frustration.

Additionally, the isolation and confinement caused by severe weather conditions can lead to feelings of:

- Loneliness
- Anxiety
- Depression

Resources Available for Teens

- **Counseling Services**

- Mental Health America of Greater Houston has various lists of resources and providers who can provide mental and emotional support for children, youth, families, etc.
- mhahouston.org/mental-health-resources

- **Support Groups**

- The National Child Traumatic Stress Network has developed a variety of resources including guides and videos, designed to provide support for youth to grow and heal.
- nctsn.org/audiences/youth

- **Emergency Preparation**

- The Community Emergency Response Team (CERT) Program is a national program of volunteers trained in disaster preparedness and emergency response.
 - ready.gov/kids/teen-cert
 - harriscountycitizencorps.com/CERT
- The American Red Cross of Greater Houston provides services in disaster relief and preparedness education etc.
 - redcross.org/local/texas/gulf-coast/about-us/locations/houston.html

