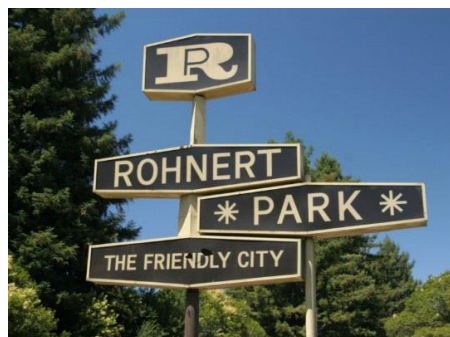


ROHNERT PARK

READY AND RESILIENT



DISASTER PREPAREDNESS GUIDE



Introduction

This program has been developed for the residents of Rohnert Park by the Rohnert Park Department of Public Safety. It is a general guide intended to lessen the impact of most emergencies through preparation and knowledge. As a guide, it covers most anticipated perils one would expect within the city limits of Rohnert Park.

Previous programs may have instructed citizens about how to enter a home after a disaster, or to attempt to fight a fire or perform a rescue. We have found that this often puts citizens in dangerous situations, and that early preparation is often more effective.

It is our hope that with this guide, every household could be ready to be self-sufficient for up to five days and/or be in a position to evacuate to a shelter (if safe to do so) in a matter of minutes.

Regardless of what the disaster is, these are usually the two choices you're faced with: **Should I stay or should I evacuate?**

The most vulnerable populations are the elderly, children or those with special needs. It is those needs which must be provided for by someone else. There won't be enough First Responders to rescue everyone in the first hours, or even days. It is our purpose here to inform you how best to prepare yourself and your household, or in other words, to be both ready and resilient when a disaster strikes. It's not a matter of if, but when it will occur.....

KEEP THIS HANDY FOR REFERENCE

The question is, **are you ready?**



Living in Rohnert Park

Everyday living in Rohnert Park is relatively predictable. We may have traffic jams, the occasional inconveniences, but we don't have a lot of perils that other cities might. We don't really have significant hills in the city limits, so mudslides aren't a likely threat. Most of our city is very well planned, so flooding doesn't occur in most areas. Our weather is usually mild, so what do we worry about?

- Structure fires
- Earthquakes
- Wind events and rainstorms

- Wildfires
- Utility outages
- Hazardous materials spills and transportation incidents

Can you think of any others?

Any one of these events may have impacts on how we function. Two or more can have a significant impact. Even an incident in another nearby city or county can tie up transportation or create an incident which will impact us.

Time has taught us a few lessons over the years. The worst scenarios have been the result of ignoring the problem or not preparing for it. That's what we're going to discuss: preparation. It can make the difference between you being a survivor or a victim.

What we have learned:

In a large or a complex disaster, Public Safety Officers and Paramedics will likely be overwhelmed. They cannot rescue everyone.

If freeways and roadways are damaged, mobility may be limited.

Hospitals and health care facilities could be damaged.

Water and sewer services may be inoperable.

Gas lines may be ruptured.

Electric services might be inoperable, or sparking.

Any or all of these could take weeks or months to repair.

What this means:

You should prepare to take care of your household on your own for a few days.

This means two things:

- Preparing as though you were going camping for a week.
- Being ready to leave at any time without more than a few moments notice.

This is a universal preparation strategy regardless of the type of disaster. That's the benefit of this program, it lessens the impact of the disaster, regardless of what that disaster is.

Let's think first about the basics: water, food, medications, pet needs, clothing, blankets and communications such as a radio. Take it further....does anyone have an elderly parent or special needs person at home? A simple list doesn't accommodate everyone. Whether you evacuate or not, you will need to have most of these items handy and ready to go.

You will want to communicate with loved ones not in the area. We recommend a cel phone charger be included in your emergency supplies. If you have a pre-designated meeting place, you will likely wish to proceed there.....if you can get there. Figuring out a meeting place during a chaotic time when communications could be compromised is almost useless. As you can see, there are many decisions to make in order to be prepared. It's wiser to do so when you can plan ahead, rather than when you're in a panic situation. A secondary meeting place is a good addition to your Emergency Plan. A list of suggested items is included at the end of this text.

You may not be at home when a disaster strikes. It is recommended that you keep a "mini disaster kit" in the trunk of your car. If you are away from home, you may be spending some time camping inside your car.

Additional preparation can make the evacuations much easier. We have learned that gathering items in short order is very chaotic. In retrospect, there are better options. Rather than grabbing family pictures off the wall, searching for documents such as insurance policies and other financial records, it makes better sense to scan them onto a portable drive you can take with you quickly. Even better, make three copies and send one to a relative for safe keeping, or in a safe deposit box or a safe. Many home safes can survive a fire, flood or earthquake.



To stay notified of events, it is suggested you sign up for "Nixle alerts". You can either text your zip code to 888777 or go to nixle.com to sign up.

SoCo Alert: SonomaCounty.ca.gov/FES/Emergency-Management/SoCoAlert/

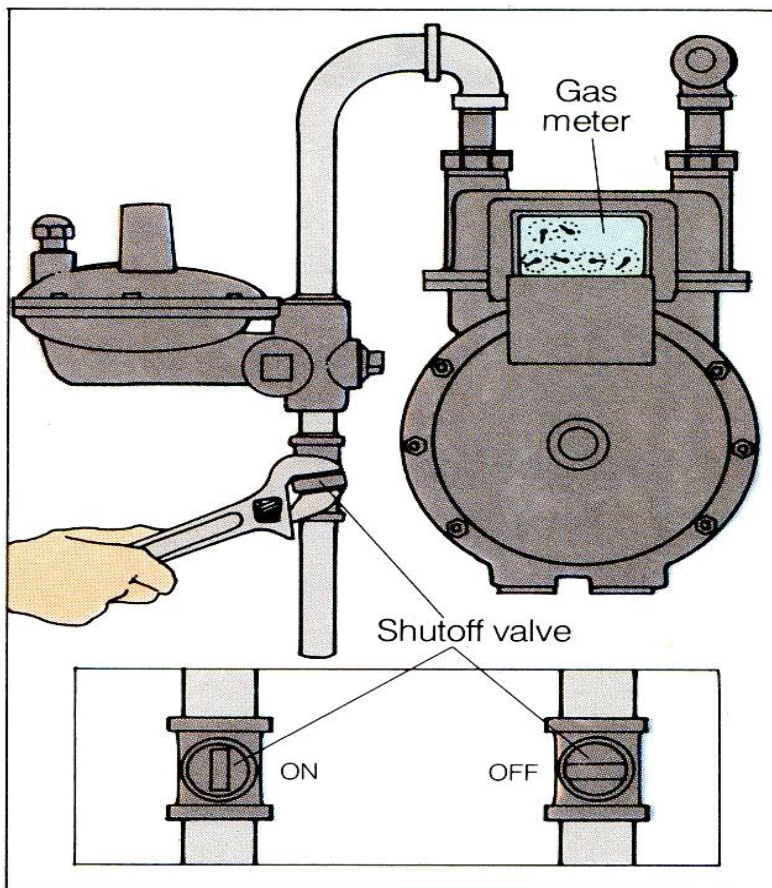
Or call (866)939-0911

Preparing your home

There are some universal preparations you can do to your home to make it safer:

- Know where your utility shut-offs are and how to use them.
- Secure all tall cabinets to the wall to prevent tipping over.
- Keep your roof and yard clean.
- Strap your water heater to the wall to prevent it from falling over.

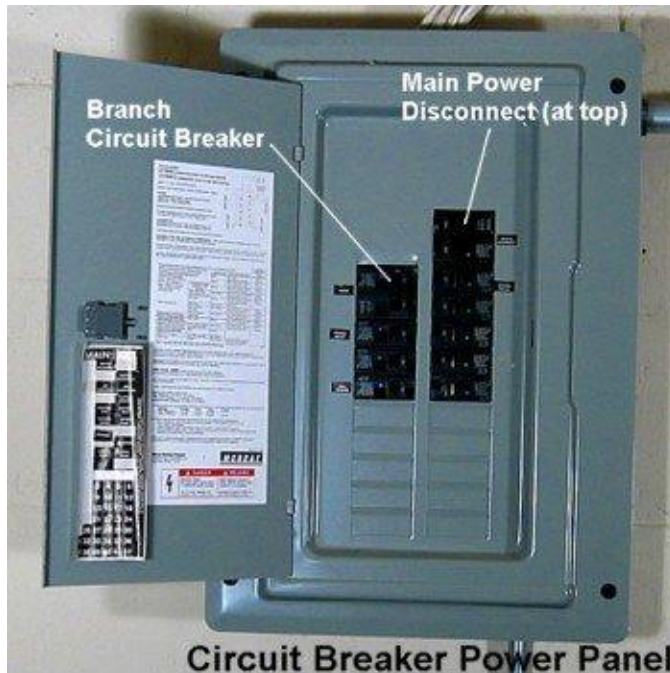
GAS SHUTOFF VALVE



Important: -If the gas supply to the home is turned off, it cannot be simply switched back on. There are some precautions to take. If you don't know them, wait until a utility worker or a skilled professional is available to restore the service. A gas and water meter wrench is available from most hardware stores for

about \$5.00. In the event of an earthquake where gas is plainly leaking, turning off your neighbor's gas meter may save both his home and yours from an explosion and fire.

HOW TO SHUT OFF YOUR ELECTRICITY:



Electrical sparks have the potential to ignite natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

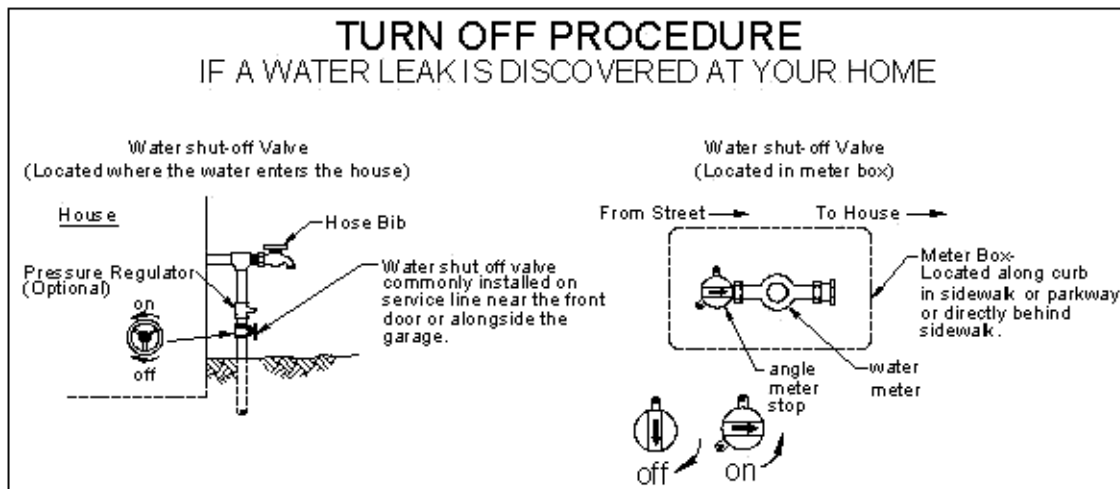
PREPARING TO SHUT OFF THE ELECTRICITY:

- Locate your electrical circuit box.
- Slide the switches into the "OFF" position.

FOR YOUR SAFETY: Always shut off all the individual circuits before shutting off the main circuit breaker.

It is important that all family members know how to turn off all your utilities, so set aside a time to learn this together.

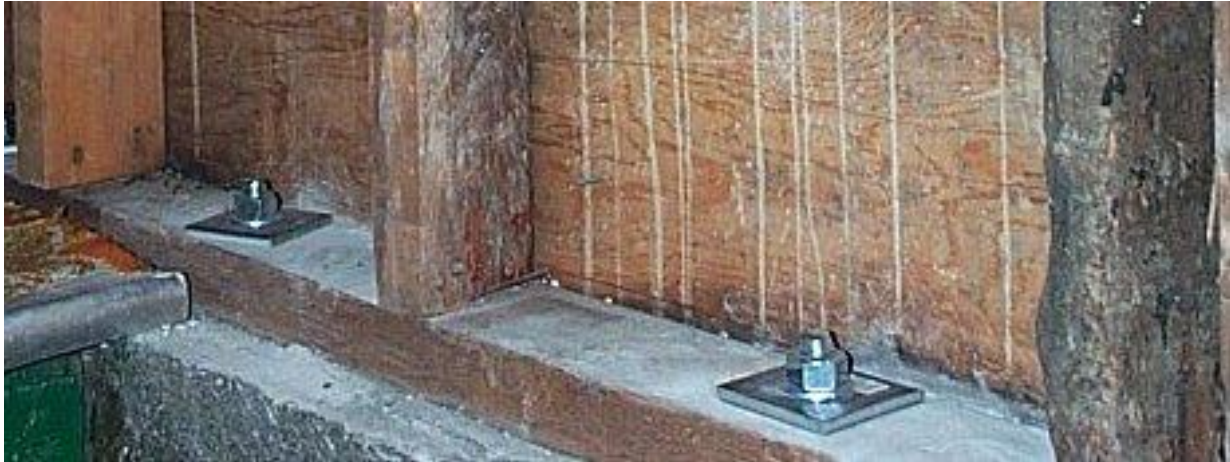
Your water service may be turned off from the meter box near the curb or where it enters your home.



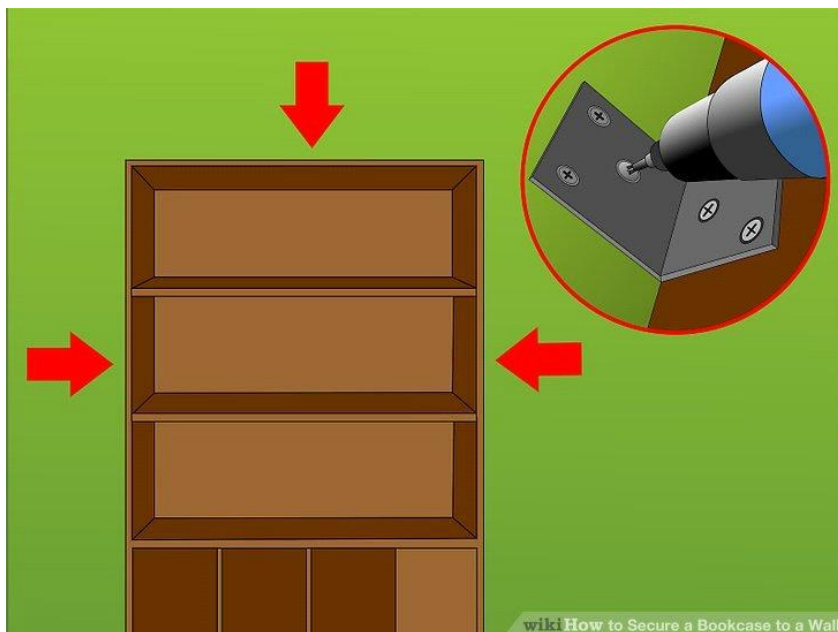
Keeping your roof and yard free of debris and combustibles will make a huge difference. Flying embers will become live fire quickly if it lands on a combustible surface such as pine needles on your roof or on lawn furniture.



Most homes in Rohnert Park aren't very old, and subsequently, they are usually bolted to the foundations. If you're not sure, it would be wise to have yours checked.



Move heavy pictures or heavy items on shelves to locations where they aren't likely to fall on anyone. Book cases or other shelving capable of tipping over should be secured to the wall. This includes your garage. If your car is damaged or covered in stored items, you might not be able to use it to evacuate.



Water heaters should be strapped to the wall. Gas and water connections should be flexible to accommodate some movement without breaking.



Note the yellow flexible gas line:

First Aid: It is a valuable skill to know. First Aid classes and other preparedness training is available through the local Red Cross. The local telephone book, Section B “First Aid and Survival Guide” has useful emergency first aid information.

Make a Plan

Disasters can strike at any time of the day or night, when family members may be at work or school. Being confident that they are able to take care of themselves will be essential to your taking care of yourself or others.

It’s important to know where to meet after an emergency, especially if your home area is heavily damaged or inaccessible. Regardless of where each person is coming from, it’s important they arrive at a chosen destination or are able to establish contact. Talk it over with your family and choose a meeting place for after an event. Choose a place which seems sound, and has multiple means of access to it. Our City Community Center is a good place if you live nearby. Churches, schools or the library are a good suggestion. A friend’s home near your children’s school is another good shelter as long as it’s in your Disaster Plan. Be sure everyone knows a destination, you must be able to be located!!!!

Once you are at your emergency shelter or destination, the process of taking care of each other begins. The Red Cross has an excellent template available for your Family Emergency Plan.



Scenario: A Disaster Has Occurred.

Whether a wildfire just burned through, an earthquake just occurred or the flood waters just receded, the question remains: What now?

Time to take inventory.

- Where is everyone?
- Is everyone OK/does anyone need emergency first aid?
- Is your house inhabitable?
- Is it stable?
- What still works?
- Power? Shut it off?
- Water? Shut it off?
- Communications?

- Is the gas service leaking? Shut it off if it is.
- **Is it better to stay or evacuate?**
- Will someone need to travel to the Meeting Place or children's school to gather missing family members? If so, what should they take with them? Where will everyone meet up? Know before you go.

Someone needs to make decisions. Think about who will be doing this. It's better to have an identified leader than to hold an argument!

It may be wise to have tasks for each person to do:

- Communications, make telephone calls to check in on others.
- Monitor the news, have one person responsible to listen to the radio.
- Knock on neighbors' doors to see who's home and if they need assistance.
- Taking care of pets if needed.
- Setting up camp at home or at a shelter.

There are lots of logistics here. We're sure you will think of some. That's exactly what we hope you will do with this. Talk it over with your family, you will be surprised what you never thought about. That's what this program is all about, identifying what's important for your family and planning for it. During a time of panic, arguments occur or poor decisions get made. That's the message here.

- Plan for an emergency
- Gather the necessary items to provide for everyone
- Make the right moves to lessen the impact of an emergency.

Will you be a victim or a survivor?



Basic Disaster Kit:

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag

A basic emergency supply kit could include the following recommended items:

Water - one gallon of water per person per day for at least three days, for drinking and sanitation

Food - at least a three-day supply of non-perishable food. Stews, ramen, canned items, snacks and nutrition bars. Pasta and canned sauce. Don't forget a manual can opener

- Battery-powered radio
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Local maps
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

- Cell phone with chargers and a backup battery

A 5-gallon bucket and plastic trash bags makes a decent, reusable toilet. Some kits come in a 5-gallon bucket with a seat.



Additional Emergency Supplies

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet (don't forget a leash)
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items

- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change (gluten-free, hearing aid batteries, adult diapers)

All food should be dated, and stored in weatherproof containers. Check periodically and rotate expired items. I've seen items stored in plastic bins, a clean, rolling trash can inside plastic bags, in backpacks, duffel bag, even inside a suitcase.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case. A suitcase or duffel bag is fine.
- Vehicle: In case you are stranded, keep a similar kit of emergency supplies in your car. Always keep a minimum of ¼ tank of gas in your car, just in case.

Local Radio Stations:

KZST 100.1 FM

KCBS 740 AM

KSRO 1350 AM

KBBF 89.1 FM (Spanish)

Good online neighborhood communications: nextdoor.com

Twitter: @RohnertParkDPS

An excellent Family Disaster Plan template is available at www.redcross.org/images or use your browser to search Family Disaster Plan.

Now is the time to fill it out.

For more information:

Redcross.org

Fema.gov

Ready.gov

PGE.com

"Windy" wind and humidity app.

Stealthangel.com (emergency kits)

Emergencykits.com (emergency kits)

Costco.com (first aid kits, water storage and emergency kits)

GreenMyBungalow.com (earthquake home preparation)

Uline.com (first aid kits)

RedCrossStore.com (emergency and first aid kits)

Many of these items are also available at local hardware stores.

Your To-Do List:

Make a plan. Discuss it with your entire household. NOW!

Know where to meet

Know who does what, and when

Understand a sequence of events, understand contingencies

Gather telephone numbers/contact information, give a copy to each person

Put emergency kits together:

Clothing, first aid and supplies for “10 minute kits”

Food and supplies for “3 day kits”

After the disaster:

Contact “Safe and Well” by calling **1-800-733-2767** or <https://safeandwell.communityos.org/cms//> to register your status for loved ones.

Make sure everyone is accounted for and cared for.

Check on neighbors and see if they need assistance.

Listen for news updates.

FAMILY EMERGENCY INFORMATION

	A	B	C	D
1	Family Emergency Plan Template			
2				
3				
4				
5				
6				
7				
8	Add Comprehensive Note Here			
9	Out-of-Town Contact Name:	Telephone Number:		
10	Email:	Telephone Number:		
11	Neighborhood Meeting Place:	Telephone Number:		
12	Regional Meeting Place:	Telephone Number:		
13	Evacuation Location:	Telephone Number:		
14				
15	Name:	Social Security Number:		
16	Date of Birth:	Important Medical Information:		
17	Name:	Social Security Number:		
18	Date of Birth:	Important Medical Information:		
19	Name:	Social Security Number:		
20	Date of Birth:	Important Medical Information:		
21	Name:	Social Security Number:		
22	Date of Birth:	Important Medical Information:		
23	Name:	Social Security Number:		
24	Date of Birth:	Important Medical Information:		
25	Name:	Social Security Number:		
26	Date of Birth:	Important Medical Information:		
27	Add Instruction Here			

NOTES:

Recovery

After a disaster, there will be a recovery phase. This can have a flood of emotions which is overwhelming.

Coping with disaster

Disasters are upsetting experiences for everyone involved. The emotional toll that disaster brings can sometimes be even more devastating than the financial strains of damage and loss of home, business or personal property.

Children, senior citizens, people with access or functional needs, and people for whom English is not their first language are especially at risk. Children may become afraid and some elderly people may seem disoriented at first. People with access or functional needs may require additional assistance.

Seek crisis counseling if you or someone in your family is experiencing issues with disaster-related stress.

Understand Disaster Events



Understand the individual effects of a disaster.

- Everyone who sees or experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family and close friends.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Everyone has different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain.

Children and older adults are of special concern in the aftermath of disasters. Even individuals who experience a disaster “second hand” through exposure to extensive media coverage can be affected.

Contact local faith-based organizations, voluntary agencies, or professional counselors for counseling. Additionally, [FEMA](#) and state and local governments of the affected area may provide crisis counseling assistance.

As you recover, it is a good idea to make sure that you have updated your family disaster plan and [replenished essential disaster supplies](#) just in case a disaster happens again. You will always feel better knowing that you are prepared and ready for anything.

Recognize Signs of Disaster-Related Stress

When adults have the following signs, they might need crisis counseling or stress management assistance:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.

- Low threshold of frustration.
- Increased use of drugs/alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.
- Mood-swings and easy bouts of crying.
- Overwhelming guilt and self-doubt.
- Fear of crowds, strangers, or being alone.

Easing Stress



Talk to

someone and seek professional help for disaster-related stress.

The following are ways to ease disaster-related stress:

- Talk with someone about your feelings - anger, sorrow and other emotions - even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation and meditation. Playing music can be soothing.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Participate in memorials.
- Use existing support groups of family, friends and religious institutions.

Ensure you are ready for future events by restocking your [disaster supplies kits](#) and updating your [family disaster plan](#). Doing these positive actions can be comforting.

Helping Kids Cope with Disaster



Disasters can leave children feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has merely seen the event on television or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help if reactions to stress begin to occur.

Children may respond to disaster by demonstrating fears, sadness or behavioral problems. Younger children may return to earlier behavior patterns, such as bedwetting, sleep problems and separation anxiety. Older children may also display anger, aggression, school problems or withdrawal. Some children who have only indirect contact with the disaster but witness it on television may develop distress.

Recognize Risk Factors

For many children, reactions to disasters are brief and represent normal reactions to "abnormal events." A smaller number of children can be at risk for more enduring psychological distress as a function of three major risk factors:

- Direct exposure to the disaster, such as being evacuated, observing injuries or death of others, or experiencing injury along with fearing one's life is in danger.

- **Loss/grief:** This relates to the death or serious injury of family or friends.
- **On-going stress** from the secondary effects of disaster, such as temporarily living elsewhere, loss of friends and social networks, loss of personal property, parental unemployment, and costs incurred during recovery to return the family to pre-disaster life and living conditions.

In most cases, depending on the risk factors above, distressing responses are temporary. In the absence of severe threat to life, injury, loss of loved ones, or secondary problems such as loss of home, moves, etc., symptoms usually diminish over time. For those that were directly exposed to the disaster, reminders of the disaster such as high winds, smoke, cloudy skies, sirens, or other reminders of the disaster may cause upsetting feelings to return. Having a prior history of some type of traumatic event or severe stress may contribute to these feelings.

Children's coping with disaster or emergencies is often tied to the way parents cope. They can detect adults' fears and sadness. Parents and adults can make disasters less traumatic for children by taking steps to manage their own feelings and plans for coping. Parents are almost always the best source of support for children in disasters. One way to establish a sense of control and to build confidence in children before a disaster is to engage and involve them in preparing a family disaster plan. After a disaster, children can contribute to a family recovery plan.

Meeting the Child's Emotional Needs

Children's reactions are influenced by the behavior, thoughts, and feelings of adults. Adults should encourage children and adolescents to share their thoughts and feelings about the incident. Clarify misunderstandings about risk and danger by listening to children's concerns and answering questions. Maintain a sense of calm by validating children's concerns and perceptions and with discussion of concrete plans for safety.

Listen to what the child is saying. If a young child is asking questions about the event, answer them simply without the elaboration needed for an older child or adult. Some children are comforted by knowing more or less information than others; decide what level of information your particular child needs. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened.

Try to understand what is causing anxieties and fears. Be aware that following a disaster, children are most afraid that:

- The event will happen again.
- Someone close to them will be killed or injured.
- They will be left alone or separated from the family.

Reassuring children after a disaster



Suggestions to help reassure children include the following:

- Personal contact is reassuring. Hug and touch your children.
- Calmly provide factual information about the recent disaster and current plans for insuring their safety along with recovery plans.
- Encourage your children to talk about their feelings.
- Spend extra time with your children such as at bedtime.
- Re-establish your daily routine for work, school, play, meals, and rest.
- Spending time with pets is therapeutic.

- Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.
- Praise and recognize responsible behavior.
- Understand that your children will have a range of reactions to disasters.
- Encourage your children to help update your family disaster plan.

If you have tried to create a reassuring environment by following the steps above, but your child continues to exhibit stress, if the reactions worsen over time, or if they cause interference with daily behavior at school, at home, or with other relationships, it may be appropriate to talk to a professional. You can get professional help from the child's primary care physician, a mental health provider specializing in children's needs, or a member of the clergy.

Monitor and Limit Exposure to the Media

News coverage related to a disaster may elicit fear and confusion and arouse anxiety in children. This is particularly true for large-scale disasters or a terrorist event where significant property damage and loss of life has occurred. Particularly for younger children, repeated images of an event may cause them to believe the event is recurring over and over.

If parents allow children to watch television or use the Internet where images or news about the disaster are shown, parents should be with them to encourage communication and provide explanations. This may also include parent's monitoring and appropriately limiting their own exposure to anxiety-provoking information.

Use Support Networks

Parents help their children when they take steps to understand and manage their own feelings and ways of coping. They can do this by building and using social support systems of family, friends, community organizations and agencies, faith-based institutions, or other resources that work for that family. Parents can build their own unique social support systems so that in an emergency situation or when a disaster strikes, they can be supported and helped to manage their reactions. As a result, parents will be more available to their children and better able to support them. Parents are almost

always the best source of support for children in difficult times. But to support their children, parents need to attend to their own needs and have a plan for their own support.

Preparing for disaster helps everyone in the family accept the fact that disasters do happen, and provides an opportunity to identify and collect the resources needed to meet basic needs after disaster. Preparation helps; when people feel prepared, they cope better and so do children.

A Child's Reaction to Disaster by Age

Below are common reactions in children after a disaster or traumatic event.

Birth through 2 years. When children are pre-verbal and experience a trauma, they do not have the words to describe the event or their feelings. However, they can retain memories of particular sights, sounds, or smells. Infants may react to trauma by being irritable, crying more than usual, or wanting to be held and cuddled. The biggest influence on children of this age is how their parents cope. As children get older, their play may involve acting out elements of the traumatic event that occurred several years in the past and was seemingly forgotten.

Preschool - 3 through 6 years. Preschool children often feel helpless and powerless in the face of an overwhelming event. Because of their age and small size, they lack the ability to protect themselves or others. As a result, they feel intense fear and insecurity about being separated from caregivers. Preschoolers cannot grasp the concept of permanent loss. They can see consequences as being reversible or permanent. In the weeks following a traumatic event, preschoolers' play activities may reenact the incident or the disaster over and over again.

School age - 7 through 10 years. The school-age child has the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually. This preoccupation can interfere with the child's concentration at school and academic performance may decline. At school, children may hear inaccurate information from peers. They may display a wide range of reactions — sadness, generalized fear, or specific fears of the disaster happening again, guilt over action or inaction during the disaster, anger that the event was not prevented, or fantasies of playing rescuer.

Pre-adolescence to adolescence - 11 through 18 years. As children grow older, they develop a more sophisticated understanding of the disaster event. Their responses are more similar to adults. Teenagers may become involved in dangerous, risk-taking behaviors, such as reckless driving, or alcohol or drug use. Others can become fearful of leaving home and avoid previous levels of activities. Much of adolescence is focused on moving out into the world. After a trauma, the view of the world can seem more dangerous and unsafe. A teenager may feel overwhelmed by intense emotions and yet feel unable to discuss them with others.

Source: Ready.gov

Here are a couple of resources to contact for assistance:

The Wildfire Mental Health Collaborative

In response to the Sonoma County wildfires, the Health Care Foundation Northern Sonoma County along with many partners formed the Wildfire Mental Health Collaborative (The Collaborative), a community-wide initiative committed to mental health recovery for wildfire survivors.

The Collaborative provides services to both mental health professionals and survivors. For mental health professionals, the Collaborative provides Skills for Psychological Recovery (SPR) training. For survivors, it offers free group outreach sessions led by SPR mental health professionals, free yoga and meditation classes, free individual and group counseling, and mysonomastrong.com, a website devoted to mental health recovery in the aftermath of the fire.

At mysonomastrong.com, survivors can learn how to recognize the signs of mental health stress, learn strategies to deal with their symptoms, evaluate if they need additional help, and discover resources for classes and therapy. To assess your level of mental health stress in the privacy of your home, visit mysonomastrong.com.

Contact the National Alliance on Mental Illness (NAMI) Sonoma County

Are you struggling to cope after being affected by the fires? You don't need to do it alone. NAMI and the Wildfire Mental Health Collaborative are here to help.

Contact NAMI today to receive a referral for free individual or group counseling,

trauma-informed yoga, iRest meditation groups, outreach education for your family, workforce or neighbors, or other services.

You can:

- Call or text NAMI: 866.960.6264
- Email NAMI: warmline@namisoco.org
- Use NAMI Online Chat: Go to namisonomacounty.org and click on “WARMLINE: CHAT NOW” in the upper right corner
- Visit mysonomastrong.com

Coping with disaster:

Life won't ever be the same, but it can get better. Together, we will honor your loss and build a brighter future. Addressing anxiety and mental health issues is the first step in a full recovery. We are a community and together, we will be Ready and Resilient.