



NEWS RELEASE

STATE EMERGENCY OPERATIONS CENTER

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Residents Reminded to Address Mental Behavioral Health Needs Following Flooding

LANSING, MICH. The State Emergency Operations Center (SEOC) and the Michigan Department of Health and Human Services (MDHHS) are urging all residents affected by the flooding caused by severe weather and heavy rainfall on June 16-17, to pay attention to their mental behavioral health needs throughout the recovery process. Disasters take an enormous toll on all people involved, and MDHHS encourages residents to seek emotional support as needed.

Recovery following a flood can be a difficult process. During this period of transition, it is important for those affected to eat and sleep well, seek medical attention if necessary, stay connected with family and friends, and establish priorities and goals.

“It is important to make sure that we help people affected by emergencies address mental health needs in addition to assisting them with physical health and safety issues,” said MDHHS Director Nick Lyon. “The state and our local partners have a variety of resources available for residents who need help dealing with the emotional effects of the flooding in the Upper Peninsula.”

Common reactions to traumatic events include: difficulty making decisions or focusing, feeling depressed, changes in appetite or sleeping patterns, feeling mentally and physically drained and becoming easily frustrated. If you are experiencing any of these symptoms, address them with a licensed mental health professional. For information regarding mental health resources available in your community, visit the MDHHS website and click on your county at www.michigan.gov/mdch/0,1607,7-132-2941_4868_4899-178824--,00.html.

Everyone’s reaction to a disaster is different. If you have children, pay extra attention to their reactions as their ability to cope is often tied to your reaction. You can help your children cope by managing your own feelings and establishing a sense of control. Additionally, senior citizens, residents with access and functional needs and those who do not speak English as a first language are at particular risk. You can help these populations by giving extra attention and providing resources as needed.

If you need information or resources to help you and your family recover from the flooding, please contact 2-1-1 and speak with a representative. They will provide you with information and resources that may be able to help.

The Substance Abuse and Mental Health Services Administration (SAMHSA) also offers a variety of resources to support mental health during disasters, including a free Disaster Distress Helpline at 800-985-5990. For more information, go to disasterdistress.samhsa.gov.

About the Disaster

Gov. Rick Snyder declared a state of disaster for Houghton and Menominee counties on June 18, and added Gogebic County to the declaration on June 21, due to severe weather and widespread flooding, making available state aid and assistance to communities in the disaster area.

By declaring a state of disaster, the State of Michigan makes available all state resources in cooperation with local response and recovery efforts in the disaster area as outlined in the Michigan Emergency Management Plan. Gov. Snyder's declaration authorizes the MSP/EMHSD to coordinate state efforts.

For additional safety tips, follow the MSP/EMHSD on Twitter at [@MichEMHS](https://twitter.com/MichEMHS) or go to www.michigan.gov/miready. For additional information on flooding in the western Upper Peninsula visit www.michigan.gov/emhsd.

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The SEOC is the emergency operations center for the state of Michigan. Located in Lansing, the SEOC is overseen by the Michigan State Police, Emergency Management and Homeland Security Division and coordinates response and recovery efforts by state agencies and local government. The SEOC is staffed by members of state agencies for decision making and information coordination during disasters or emergencies in the state of Michigan.

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