After a disaster, you may feel afraid, frustrated, irritated, or angry. No matter how you feel, never take these feelings out on others by hitting, shoving, or pushing someone, or using a weapon. Instead, try some of these tips to help control your anger or sadness and maintain a sense of self-control.

How can I get help?
Call the Girls and Boys Town National Hotline 1-800-448-3000 (TTY 1-800-448-1833).

What can I do?

Do’s
- Respect others and value differences.
- Talk out issues. Talk things out instead of bullying, teasing, or talking about others.
- Seek help. If you feel stressed or depressed, reach out to a friend, family member, or another trusted adult.
- Keep yourself safe. Let friends and family know where you are and who you are with.
- Get involved in the clean-up effort.
- Avoid drugs and alcohol. Stay away from alcohol and drugs as well as people who use them.
- Learn other ways instead of fighting to resolve arguments. Talk through arguments without yelling, hitting, or pushing.

Don’ts
- Bully, tease, or yell at others.
- Punch, hit, or shove other people.
- Carry weapons. Carrying a weapon increases the chances that you will be seriously harmed or that you may harm others.

For more information visit http://www.cdc.gov/ncipc/dvp/YVP/default.htm