



### Signs of Disaster Related Stress:

Adults showing any of these signs may benefit from crisis counseling or stress management assistance:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration/easily angered.
- 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.

Workforce Solutions Southeast Texas and Samaritan Counseling Center of Southeast Texas, are proud to announce a partnership to respond to victims of Hurricane Ike. Samaritan Counseling Center is providing counseling for individuals and families as well as large and small group workshops for businesses and organizations throughout Southeast Texas with a priority focus in Orange County and South Jefferson County. These services are offered to hurricane impacted individuals at no cost. Funding for this initiative is made possible through Workforce Solutions Southeast Texas.

Workforce Solutions Southeast Texas recognizes the need for stress reduction in our community, and understands the importance of utilizing a proven local agency to carry out this purpose. Samaritan Counseling Center has been providing assistance to Southeast Texans for twenty five years, and as a member of this community, will be available as future needs arise.

**Individuals, families, businesses and organizations  
are encouraged to call 409-727-6400 or toll free 877-385-3347  
to take advantage of this invaluable resource.**