

PEACE. CALMNESS.
FORGIVENESS. HOPE.
RESILIENCE. GOODNESS.
FREEDOM. STRENGTH.
COMFORT. ACCEPTANCE.
RELIEF. FAITH. RECOVERY.

JOY.

It may be hard to have these feelings and emotions after surviving a traumatic event like a hurricane or flood.

There are people and places that may help you feel better and help you get your life on a more satisfying track.



MENTAL HEALTH ASSOCIATION IN TEXAS
www.mhatexas.org

