

# Jewish Family Service of Greater Dallas Disaster Relief

*We are here for you after the storm, for as long as needed*

**Call (972) 437-9950**

Jewish Family Service of Greater Dallas is a nonsectarian mental health and social services agency that impacts nearly 13,000 lives a year. For more than 68 years, JFS has welcomed anyone through our doors regardless of race, ethnicity, religion or the ability to pay. Our mission is to provide professional, effective, and affordable mental health and social services that promote lifelong self-sufficiency and well being for anyone in need.

## **CRISIS SUPPORT AND ONGOING MENTAL HEALTH SERVICES FOR:**

- Schools and families (also for teachers and support staff)
- Businesses/Offices that were displaced/impacted
- Children and Teens
- Parents and Caregivers
- First Responders/Community Helpers and Volunteers (emotional burden & fatigue)

## **COMMUNITY NAVIGATOR FOR LOCAL RESOURCES:**

- Call JFS Intake/Disaster Relief Phone Line at (972) 437-9950 x340 to begin
- Access to 24 hour on-call clinicians
- Access to emergency financial assistance
- JFS Dallas will provide Case Management to clients impacted by the storm and directly connect them to resources during the recovery process

**Additional online resources and community updates after the storm can be found at [www.jfsdallas.org/dallas-tornado-updates](http://www.jfsdallas.org/dallas-tornado-updates)**



**Jewish Family Service  
of Greater Dallas**  
*An open door to all in need*



Community Partner of  
Jewish Federation  
OF GREATER DALLAS



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Claims Conference  
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[www.claimsconfer.org](http://www.claimsconfer.org)



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# **After the Tornado:**

## **When should I seek professional help?**

Many people are able to cope effectively with the emotional and physical demands brought about by a natural disaster by using their own support systems. It is not unusual, however, to find that serious problems persist and continue to interfere with daily living. For example, some may feel overwhelming nervousness or lingering sadness that adversely affects job performance and interpersonal relationships.

Individuals with prolonged reactions that disrupt their daily functioning should consult with a trained and experienced mental health professional. Psychologists and other appropriate mental health providers help educate people about common responses to extreme stress. These professionals work with individuals affected by trauma to help them find constructive ways of dealing with the emotional impact.

With children, continual and aggressive emotional outbursts, serious problems at school, preoccupation with the traumatic event, continued and extreme withdrawal, and other signs of intense anxiety or emotional difficulties all point to the need for professional assistance. A qualified mental health professional such as a psychologist can help such children and their parents understand and deal with thoughts, feelings and behaviors that result from trauma from a natural disaster.

Call us at (972) 437-9950 if you are in need of some additional support.

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