



# MISSISSIPPI EMERGENCY MANAGEMENT AGENCY

## NEWS RELEASE

CONTACT: (866) 920-MEMA

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Media Contact  
FOR IMMEDIATE RELEASE

866-920-MEMA  
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### **Stress Management Seminar Today in Yazoo County**

**PEARL-** A natural disaster often leaves a path of destruction to homes, businesses and personal property and a tremendous amount of financial burden in its wake. However, the emotional toll that a disaster brings can sometimes be even more devastating.

That's why the Mississippi Department of Mental Health, Mississippi Department of Health and Warren Yazoo Mental Health Service are asking those individuals who were affected by the tornadoes which recently swept across North and Central Mississippi to take part in a seminar which focuses on coping with disaster related stress. The seminar will be held today at Yazoo County High School at 6 p.m.

All first responders, relief workers, faith, service and civic responders, and those whose lives, homes, business and churches have been affected by the recent disasters are encouraged to attend.

Common emotional reactions may include:

- Feeling tense or nervous.
- Crying often or easily.
- Anger or irritability.
- Feeling numb.
- Feeling hopeless.

Common physical reactions may include:

- Sleep disturbance.
- Gastrointestinal problems.
- Being tired all of the time.
- Appetite disturbance.

Unfortunately, children aren't immune to disasters. They also experience emotional and physical reactions, depending on his/ her age and developmental stage. Toddlers may experience nightmares or bedwetting, while teens may go through a period of depression or social withdrawal.

For more information, contact Millicent Ledbetter at Warren Yazoo Mental Health Service at 662-746-5712 or Wendy D. Bailey; Division of Public Information, Mississippi Department of Mental Health at 601-359-1288.

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*"Disaster Preparedness Saves Lives and Property"*  
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For more information, contact the State Emergency Joint Information Center at 866-519-MEMA (6362), or visit us online at [www.msema.org](http://www.msema.org). You can also follow us on Twitter and Facebook using the keyword MSEMA.

Media with questions can contact MEMA External Affairs at 866-920-MEMA (6362).

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