

NORTH SOUND Listens

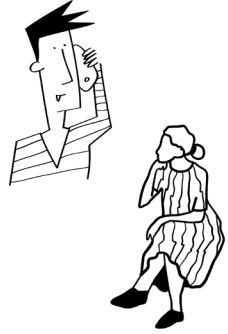
A NORTH SOUND ACH RESOURCE

Were you affected by the flooding in Whatcom or Skagit county in 2021?

After a traumatic event, problems may come and go. It's important to know when to ask for help.

You may be experiencing any of the following problems:

- ▼ Sleeping too much or too little
- ▼ Eating too much or too little
- ▼ Overwhelming sadness
- ▼ Drinking alcohol or smoking more than usual
- ▼ Anger or lashing out at others
- ▼ Not connecting with others



Are you interested in:

- ▼ Building coping skills?
- ▼ Managing disaster-related stress?
- ▼ Identifying and meeting you and your family's needs?

**Call us at
(360) 935-0105**

**or email
NorthSoundListens@
NorthSoundACH.org**

**Hotline hours: Monday-Friday
10 a.m. to 4 p.m. *hablo español***

Confidential

Free



Anonymous



North Sound ACH