



Florida Behavioral
Health Association

2026 Hurricane Season

*Get prepared and find resources at
Floridabha.org/Hurricane-Resource-Center*



HURRICANE PREPAREDNESS & RESOURCES

Florida is no stranger when it comes to hurricanes and other water-born natural disasters. There are necessary steps that must occur to ensure people are aware of and have access to mental health resources during a natural disaster. Hurricane season not only means bad weather and blocked roads, but it also opens the flood gates for anxiety, stress, fear, PTSD triggers and other mental health issues. Preparation is imperative and has proved to decrease anxiety before and during a storm.



Community Provider Line:
2-1-1



NAMI HelpLine:
800-950-NAMI (6264)



SAMHSA Disaster Distress Helpline:
1-800-985-5990



State of Florida Emergency Info Line:
1-800-342-3557



Suicide Prevention Line:
9-8-8