

2026 Hurricane Season

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

Hurricane season not only means high winds, torrents of rain, and potential tornadoes, but it also opens the floodgates for anxiety, stress, fear, PTSD triggers, and other mental health issues.

After Hurricane Katrina struck Louisiana in 2005, nearly half of the survivors suffered from some form of mental distress in the weeks and months after the storm, according to a 2012 study in the American Journal of Orthopsychiatry.

In November 2020, a study conducted by the University of Delaware examined the impact of 281 natural disasters on suicide rates during a 12-year span. It concluded that the overall suicide rates increased by 23% when compared to rates before a natural disaster. The largest overall increase occurred two years after a storm.

Preparation for your physical safety, as well as your mental health, is critical and has proven to decrease anxiety for Floridians before, during, and after a storm. FBHA has over 70 members spread out across the entire state, all of whom provide free crisis hotlines for their local communities. Please visit FBHA's website to be connected with this unique resource. There are also statewide and federal resources to use during a crisis as well.



Community Provider Line:
2-1-1



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



NAMI HelpLine:
800-950-NAMI (6264)



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



Suicide Prevention Line:
9-8-8