

Coping after the Maui wildfires



Our hearts go out to our members impacted by the wildfires on Maui. Recovering emotionally after a wildfire can be challenging. Such a traumatic event may affect you in many ways. You may have feelings of loss, fear, anxiety, sadness, and disorientation. Sometimes the emotions people have after a disaster are unexpected and surprising. It's common for many thoughts and feelings to come up. And you may move from one emotion to another very quickly.

What are some signs of stress after a critical event?

The signs of stress can be physical, cognitive, emotional, or behavioral. People experience stress in different ways. Be aware of your reactions and needs. Then you'll be better able to cope with stressful events. Here are some signs of stress to watch for.



Physical

- Fatigue
- Chills
- Unusual thirst
- Chest pain
- Headaches
- Dizziness



Cognitive

- Uncertainty
- Confusion
- Nightmares
- Poor attention
- Poor decision-making
- Poor concentration or memory
- Poor problem-solving



Emotional

- Grief
- Fear
- Guilt
- Intense anger
- Apprehension and depression
- Irritability
- Chronic anxiety



Behavioral

- Inability to rest
- Withdrawal
- Antisocial behavior
- Drinking more alcohol
- Change in communication
- Changes in appetite

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What you can do to help yourself

Here are some steps you can take to support your physical and emotional needs:

- Try to go back to as many of your personal and family routines as possible. This can help give you and your family a sense of stability and predictability.
- Rest and drink plenty of water.
- Avoid sights and sounds of the disaster, especially on television, the radio, and in the newspapers. It's important to stay informed. But setting limits can help reduce anxiety and prevent re-traumatization.
- Let yourself feel, acknowledge, and accept your emotions. It's normal to have a wide range of feelings. And it's important to let yourself grieve and work through them.
- Think about how your family's feelings might show up. Their reactions may look different from your own.
- Ask for and accept help from others.
- Stay connected to your family and others who can support you with understanding and empathy.
- When you can, find time to enjoy an activity for well-being or relaxation. Even playing a game, watching a TV show, or sharing a meal can help.
- Know that recovery from a traumatic event takes time. Be patient with yourself and

understand that recovery has its ups and downs.

- If your emotions are overwhelming or affect your daily life, consider talking to a mental health professional. They can offer strategies for your specific needs.

Kaiser Permanente's mental health and addiction phone numbers

When you call, we'll assess your needs. For nonurgent mental health or addiction concerns, we'll offer a phone, video, or in-person appointment with a mental health and addiction specialist, when appropriate and available. You don't need a referral to get these services from Kaiser Permanente.

Call us Monday through Friday, 8 a.m. to 5 p.m.

- Maui and other Neighbor Islands:
1-888-945-7600
- Oahu: **808-432-7600**

For after-hours care, call the Crisis Line of Hawaii:

- Maui and other Neighbor Islands:
1-800-753-6879
- Oahu: **808-832-3100**

For 24/7 advice, call:

- **1-833-833-3333 (TTY 711)**

Mental health and wellness resources

Kaiser Permanente offers a range of mental health and addiction care resources. These include wellness apps available to members at no cost.

- [Visit kp.org/mentalhealth](https://kp.org/mentalhealth) – Find up-to-date information and resources available through Kaiser Permanente.
- [Calm](#) – The number one app for sleep, meditation, and relaxation.^{1,2,3}
- [Ginger](#) – 1-on-1 emotional support coaching by text and self-care activities.^{1,2,3,4,5}
- [myStrength](#) – Personalized programs designed to help you make positive changes.^{1,2,3}

Hawaii CARES 988 – suicide and mental health crisis lifeline

Hawaii CARES 988 is a 24/7, free support service for help with crisis, mental health, and substance abuse. If you or a loved one needs mental health or addiction crisis support, you can call or text **988** (TTY **711**). You can also chat with a trained crisis counselor at the [National Suicide and Crisis Lifeline](#) for free, confidential support. The lifeline is provided by the Substance Abuse and Mental Health Services Administration.

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. **2.** The apps and services are neither offered nor guaranteed under contract with the FEHB Program but are made available to enrollees and family members who become members of Kaiser Permanente. **3.** Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old. **4.** Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services. The Ginger app and services are not available to anyone enrolled in a Fee-for-Service Medicaid program. **5.** Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members.