

When a hurricane struck his city, Jaylon discovered that helping his neighbors helped him feel better too.

“Reaching out and helping people in the neighborhood made me feel good. Being able to help the older generation made me happy.”



If you've been through a natural disaster, remember that you're not alone. Watch Jaylon's story and learn ways to feel better at www.cdc.gov/disasters/teens.



Need to talk to someone? Call the SAMHSA Disaster Distress Helpline at 1-800-985-5990 or text "TalkWithUs" to 66746.



Centers for Disease Control and Prevention
National Center for Environmental Health