



# What You Need to Know About Landslides

**We are Here to Help.**

*Mental health and well-being resources to help you stay balanced during an emotionally challenging time.*



Landslides can be a terrifying, unpredictable force of nature. Landslides happen due to various factors and can have catastrophic effects on people and property. It is essential to be aware of the signs that could indicate the potential for a landslide and know what steps to take if you live in an area prone to them. Let's break down the basics of landslides so you can be prepared.

## What is a Landslide?

A landslide is any earth movement caused by gravity in which soil or rock slides down a mountain, hillside, or surface. Landslides occur when the forces of gravity outweigh the strength of the material being moved. This could be due to heavy rain, melting snow or ice, rapid erosion, earthquakes, and volcanic activity.

It is essential to familiarize yourself with signs indicating a landslide risk in your area. These signs include, but are not limited to, the following:

- Steeply sloping terrain without vegetation
- Sudden changes in the water flow direction
- Wet areas on hillsides
- Ground cracking or bulging near roads or slopes

If you notice any of these warning signs near your home or workplace, contact your local authorities immediately so they can assess the situation.

## Secure Your Home Against Landslides

If you live in an area prone to landslides, securing your home against them as much as possible is essential. Install gutters and drainage pipes away from any slopes surrounding your property; avoid building too close to steep slopes; use retaining walls around your foundation; avoid planting trees near vulnerable areas like steep hillsides; and make sure all buildings are securely anchored into their foundations with reinforced steel anchors.



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## What To Do If You See Someone Else in Danger from a Landslide

If you see someone else in danger from a landslide—someone trapped by debris or attempting to flee too late—you must call 911 before trying to rescue yourself! Be ready with location details (including cross streets), how many people are trapped/injured/missing, and whether an evacuation order was issued before the landslide occurred so emergency responders can arrive quickly with the appropriate resources needed for rescue operations.

## Safely Evacuating an Area at Risk for a Landslide

If you live in an area prone to landslides, you must create an evacuation plan should one occur. Make sure that everyone knows where they should go if they need to evacuate quickly—including pets—and make sure they have access to necessary items such as medication, food, and water. Additionally, stay alert for alerts from local authorities about potentially dangerous conditions, such as flash floods or mudslides following large storms or earthquakes that may cause landslides nearby.





### Tips For Dealing with the Aftermath of a Landslide

Once the danger has passed after a landslide occurs, seek resources for physical and emotional support following this traumatic event. Use these tips as a guide to help you navigate life after a natural disaster event.

- Reach out for help from family members and friends who can assist during this challenging time
- Contact local organizations such as churches or charities that may offer assistance with physical needs, such as temporary housing and financial help
- Seek professional counseling if needed
- Research community programs available through FEMA if necessary

Natural disasters are, unfortunately, a common occurrence—and your friends, family, and network across the country may be able to share advice. Reach out online through social media networks with friends who may have been affected by similar events elsewhere and who can offer advice on how best to cope with recovery efforts following natural disasters like landslides.

Being aware of both the physical risks associated with landslides and the emotional toll this type of natural disaster can inflict on its victims requires research into proper protocols for staying safe when these events occur and understanding where you can find help afterward when recovery efforts begin! Though only some locations are equally at risk for landslides, preparing yourself ahead of time will only better enable individuals living in high-risk areas to become more prepared in case one occurs.

Visit your member portal to find resources on dealing with other natural disasters, how to deal with anxiety and grief, and how to cope with stress.



## Friends & Family Can Help After a Traumatic Event

### Help Them Support You

Your friends and family can offer you support after experiencing a traumatic event. They will be very concerned about you, and you can help them support you by letting them know how you are feeling. Even though they care, they didn't experience the trauma with you. It's okay to remind them about your experience and ask them to be patient as you recover. This will help them help you. Share this toolkit with them so they know what to expect and how they can offer support as you need it.

### Explain Your Feelings

Tell your friends and family you have gone through a traumatic experience. Let them know that you will need their support and understanding to cope and recover, and that it may be weeks, or even months, before the effects of this experience have diminished. Also let them know you may be experiencing some of the following feelings and behaviors:

- Increased anxiety or fear
- Short temper or irritability
- Nightmares and sleep problems
- Confusion and/or short term memory loss
- Difficulty making decisions
- Fear of being alone
- Physical aches and pains
- Tendency to withdraw

### Tell Friends & Family How They Can Help

"I might be feeling or acting differently for a while. Here are some ways you can help when I'm struggling:"

- Be patient - don't just tell me to think positive
- Listen and try to understand my feelings
- Ask how you can help
- Temporarily take over some of my responsibilities
- Help me feel safe again: *(Drive me to work, help me feel safe by installing new safety precautions at home such as door locks, run errands with me, or just spend some extra time with me.)*

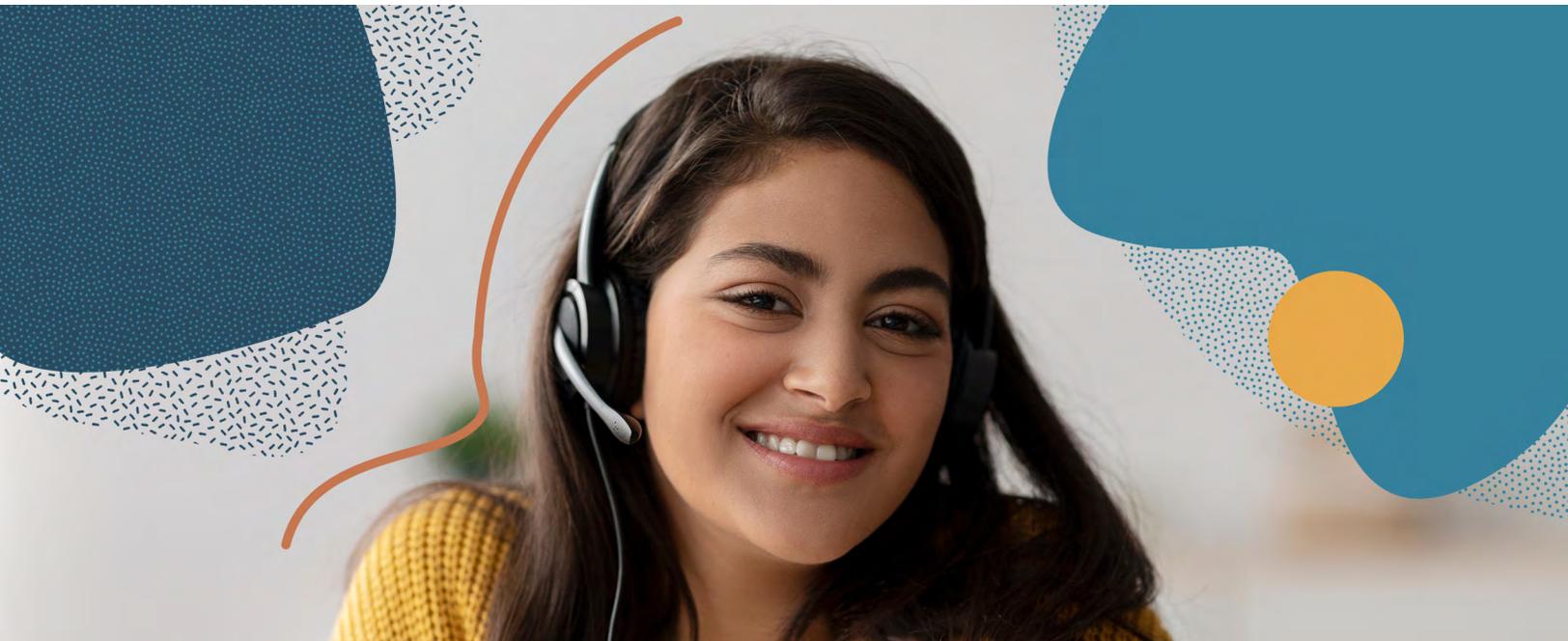
**A traumatic event can trigger memories of other unrelated traumas, such as an illness, injury, or the past death of a loved one.** If you are having other traumatic memories, tell someone. Your friends and family can only help if they know what you are dealing with. So if your feelings or behaviors are changing or getting worse, let someone know so they can support your needs.

If you don't feel comfortable talking to your friends and family, or if you need more help than they can offer, you should **reach out to professionals by calling the EAP.**

## 21 Things You Can Do While You're Living Through a Traumatic Experience

1. Take immediate action to ensure your safety and the safety of others. If it's possible, remove yourself from the event/scene in order to avoid further traumatic exposure.
2. Address your acute medical needs (e.g., If you're having difficulty breathing, experiencing chest pains or palpitations, seek immediate medical attention).
3. Find a safe place that offers shelter, water, food, and sanitation.
4. Become aware of how the event is affecting you (i.e., your feelings, thoughts, actions, and your physical and spiritual reactions).
5. Know that your reactions are normal responses to an abnormal event. You are not "losing it" or "going crazy."
6. Speak with your physician or healthcare provider and make him/her aware of what has happened to you.
7. Be aware of how you're holding-up when there are children around you. Children will take their cues from the adults around them.
8. Try to obtain information. Knowing the facts about what has happened will help you to keep functioning.
9. If possible, surround yourself with family and loved ones. Realize that the event could be affecting them, too.
10. Tell your story. And, allow yourself to feel. It's okay not to be okay during a traumatic experience.
11. You may experience a desire to withdraw and isolate, causing a strain on significant others. Resist the urge to shut down and retreat into your own world.
12. Traumatic stress may compromise your ability to think clearly. If you find it difficult to concentrate when someone is speaking to you, focus on the specific words they are saying and work to actively listen. Slow down the conversation and try repeating what you have just heard.
13. Don't make important decisions when you're feeling overwhelmed. Allow trusted family members or friends to assist you with necessary decision-making.
14. If stress is causing you to react physically, use controlled breathing techniques to stabilize yourself. Take a slow deep breath by inhaling through your nose, hold your breath for 5 seconds and then exhale through your mouth. Upon exhalation, think the words "relax," "let go," or "I'm handling this." Repeat this process several times.
15. Realize that repetitive thinking and sleep difficulties are normal reactions. Don't fight the sleep difficulty. Try the following: Eliminate caffeine 4 hours prior to your bedtime, create the best sleep environment you can, consider taking a few moments before turning out the lights to write down your thoughts thus emptying your mind.
16. Give yourself permission to rest, relax, and engage in non-threatening activity. Read, listen to music, consider taking a warm bath, etc.
17. Physical exercise may help to dissipate the stress energy that has been generated by your experience. Take a walk, ride a bike, or swim.
18. Create a journal. Writing about your experience may help to expose yourself to painful thoughts and feelings and, ultimately, enable you to assimilate your experience.
19. If you find that your experience is too powerful, allow yourself the advantage of professional and/or spiritual guidance, support, and education.
20. Try to maintain your schedule. Traumatic events will disrupt the sense of normalcy. We are all creatures of habit. By maintaining our routines, we can maintain a sense of control at a time when circumstances may lead us to feel a loss of control.
21. Crises present opportunities. Cultivate a mission and purpose. Seize the energy from your experience and use it to propel you to set realistic goals, make decisions, and take action.

Source: American Academy of Experts in Traumatic Stress



## We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to help you through your grief and loss. You can access these confidential services by calling the toll-free number below and speaking with our care team or accessing online.

### Short-Term Therapy

For a deeper level of support, members can request short-term therapy by calling Uprise Health. Our nationwide provider network of more than 60,000 counselors can be filtered by criteria including geography, clinical specialty, cultural background, and other preferences, to ensure a perfect fit for you. After speaking with our care team, you will be provided with a list of providers. You can schedule an appointment yourself or ask the care team for assistance scheduling.

### 24-hour Crisis Support

During business hours, members who are in crisis are connected with an Uprise Health clinician who will stabilize your situation and refer you to appropriate support. After-hours calls are answered by behavioral health professionals located within the U.S. If you are in life threatening situation, please call 9-1-1 as you would do for any other medical/life emergency.

### Online Peer Support Groups

As part of your EAP program, you can request up to 10 online peer support groups where you will have a safe and confidential place to speak with others who have similar issues. Please call Uprise Health and speak with our care team to learn more about the Grief and Loss support group.



#### Contact Uprise Health

Call: 1-800-395-1616

Visit: [members.uprisehealth.com](https://members.uprisehealth.com)