



Florida Behavioral Health Association

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For Immediate Release

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Florida Behavioral Health Association Launches Resource Hub Providing Mental Health Assistance During Hurricane Season

Tallahassee, Fla.—With the state Emergency Operations Center (EOC) anticipating a very active hurricane season and Hurricane Isaias threatening the east coast, the Florida Behavioral Health Association (FBHA) today announced the launch its own online [hurricane resource center](#). During a natural disaster, it is important to be prepared –not just with essential supplies – but also for mental health and wellbeing.

There are steps that must be taken by health care providers to increase awareness and access to mental health resources during a hurricane. FBHA’s resource hub will be housed on its website and will contain important tips on preparation prior to a storm, including information and hotline numbers for mental health support during a natural disaster.

“We cannot stress enough how important local EOC’s are for community preparedness and response,” said Melanie Brown-Woofter, FBHA President and CEO. “FBHA’s resource site contains these direct EOC numbers. The hurricane resource center was created to provide information on preparing a mental health toolkit for a natural disaster before, during and after the event. We have collected shelter information, disaster distress helplines and mental health resources.”

Hurricane season not only means bad weather and blocked roads when a storm hits, but it also opens the flood gates for anxiety, stress, fear, PTSD triggers and other mental health issues. Preparation is necessary and has proved to decrease anxiety for Floridians before and during a storm.

“While we hope no hurricanes hit our state this season, we must be prepared if they do,” Brown-Woofter said.

Brown-Woofter added, “The launch of our hurricane resource center is one way FBHA can provide information to local treatment providers regarding the health and wellbeing of their patients during this period of often volatile weather. Afterall, studies show not caring for your mental health can negatively impact your physical wellbeing.”

For more information about [FBHA’s Hurricane Resource Center click here](#).

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About FBHA:

FBHA is the state's largest trade association representing community mental health and substance use treatment providers. The group is committed to bringing renewed attention and awareness to mental health and substance use disorder prevention, treatment, and recovery in Florida. For more information, please visit www.floridabha.org.

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