

Emergency Preparedness

Crisis Jam

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Wendy Morris, MSN, CS

Senior Behavioral Health Advisor

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Checklist

- Stay connected and informed
- Create an emergency plan and conduct practice drills
- Build emergency kits for home, work and vehicles
- Consider special circumstance for you
- Prepare for natural disasters
- Keep vehicles prepared
- Organize important documents

Resources

- [Disaster Preparedness Plan | Make a Plan | Red Cross](#)
- [Disaster Behavioral Health Resources | SAMHSA](#)

THANK YOU!