

ECHO Key Messages

Emergency and Community Health Outreach



Key Messages draft
Dec. 30, 2011

Key Messages "Recovering from the Storm"

Translators: Translate only the words and not "Number 1, Number 2 and Number 3." Please contact your project manager with any questions.

- Number 1:** Know the signs and symptoms of post-crisis mental health problems.
- Number 2:** It's natural to have trouble coping after a crisis—there is help available.
- Number 3:** Get to know your neighbors so you can work together to recover from a crisis.
- Number 4:** Prepare yourself, your family and your community before a crisis hits.

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