

Resources for Immediate Disaster Behavioral Health Response

General Disaster Response and Recovery Information

- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***—This Substance Abuse and Mental Health Services Administration (SAMHSA) tip sheet gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources.

<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>. A similar tip sheet is available in Punjabi at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Traumatic-Event-Managing-Your-Stress-Punjabi-Version-/NMH05-0209PUNJABI>.

- **Coping with a Disaster or Traumatic Event**—At this web page, the Centers for Disease Control and Prevention (CDC) emphasizes the importance of coping after a disaster, and getting professional help if needed, with reactions that may be difficult and intense. Links are provided to additional information about managing your emotional health as a survivor, supporting your children in coping, and making time for self-care as a disaster responder.

<https://emergency.cdc.gov/coping/index.asp>

This information is available in Spanish at <https://emergency.cdc.gov/es/coping/index.asp>.

Coping With Civil Unrest, Community Violence, Mass Violence, and Trauma

- ***Coping With Grief After Community Violence***—This SAMHSA tip sheet introduces some of the signs of grief and anger after an incident of community violence, provides useful information about how to cope with grief, and offers tips for helping children deal with grief.
- **Mass Violence/Community Violence**—This SAMHSA Disaster Behavioral Health Information Series (DBHIS) installment is a collection of resources about common reactions to incidents of mass violence, community violence, and terrorism; tips for coping with such incidents; and ways to support children and youth in coping. <https://www.samhsa.gov/dbhis-collections/mass-violence?term=Mass%20Violence%202017-DBHIS>
- **The Impact of Disaster and Mass Violence Events on Mental Health**— This online article from the National Center for Posttraumatic Stress Disorder (PTSD) describes common reactions that disaster survivors may experience. While most reactions lessen over time, some may turn into long-term and severe responses, such as PTSD.

https://www.ptsd.va.gov/professional/treat/type/violence_trauma_effects.asp

Resources for Faith-based Communities and Spiritual Leaders

- **Faith-based Communities and Spiritual Leaders**—This SAMHSA DBHIS collection contains resources to help communities of faith and spiritual leaders to support survivors of natural and human-caused disasters. It features faith-based organizations involved in disaster response, resources that highlight the role faith leaders can play in helping communities recover after disasters, and information about working with children and other special populations after disasters.

<https://www.samhsa.gov/dbhis-collections/faith-based?term=Faith-Based-DBHIS>

- **Children and Disaster**—This tip sheet from the National Disaster Interfaiths Network (NDIN) discusses common reactions of children and youth to traumatic events, the importance of family in the recovery effort,

recommendations to help religious leaders meet the emotional needs of children and youth, and information on how to use support networks.

http://www.n-din.org/ndin_resources/tipsheets_v1208/24_NDIN_TS_Children.pdf

- ***Faith Communities and Disaster Mental Health***—This NDIN tip sheet provides information for religious leaders about common stress reactions people may experience in response to a disaster and suggests ways they can cope, and help others cope, with disaster stress reactions. The sheet also provides information on referring people for mental health services.

http://www.n-din.org/ndin_resources/tipsheets_v1208/11_NDIN_TS_DisasterMentalHealth.pdf

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- ***Understanding Child Trauma***—This web page identifies events that children and youth may experience as traumatic, presents statistics on traumatic experiences and their effects on children and youth, lists signs of traumatic stress in children and youth of various ages, and offers tips for parents and other important adults in the lives of children and youth for helping children and youth to cope with trauma. Links to resources for more information and support are also provided.

<https://www.samhsa.gov/child-trauma/understanding-child-trauma>

- ***After a Crisis: How Young Children Heal***—This tip sheet from the National Child Traumatic Stress Network describes how young children may respond to disasters and other crises and suggests ways for parents and other caregivers to interpret their behavior and support them in coping. The tip sheet uses the word SAFETY as a memory aid for readers, with each main tip beginning with a letter in the word.

<https://www.nctsn.org/resources/after-crisis-helping-young-children-heal>

- ***Age-related Reactions to a Traumatic Event***—In this information and tip sheet, the National Child Traumatic Stress Network provides an overview of how children and adolescents may react to natural and human-caused disasters that they experience as traumatic. It describes reactions typical within specific age ranges and offers tips for parents and other caregivers, school personnel, healthcare practitioners, and community members to help children and adolescents cope.

<https://www.nctsn.org/resources/age-related-reactions-traumatic-event>

- ***Helping Youth After Community Trauma: Tips for Educators***—In this 1-page tip sheet, the National Child Traumatic Stress Network identifies 10 ways in which youth may react to community traumas such as natural or human-caused disasters and suggests ways for educators to respond to these reactions and support youth in coping. The tip sheet also advises educators to find professional mental health support for youth—and for themselves—as needed.

https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf

- ***National Child Traumatic Stress Network (NCTSN) Position Statement—Racial Injustice and Trauma: African Americans in the U.S.***—In this position statement, the NCTSN highlights the legacy of slavery, including persisting racial injustices, on African Americans in the United States. The statement speaks out for the importance of acknowledging the trauma that African Americans have experienced and continue to experience and commits to several steps to heighten awareness of the impact of trauma and racism on African American children and families and support improvement of care by child trauma professionals.

<https://www.nctsn.org/resources/racial-injustice-and-trauma-african-americans-us-nctsn-position-statement>

- ***Parent Tips for Helping Adolescents After Disasters***—This table lists possible reactions, suggested responses, and examples of things parents can do and say to children affected by a disaster.

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_adolescents_after_disasters.pdf

Spanish

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_adolescents_after_disasters_s_p.pdf.

- **Parent Tips for Helping Infants and Toddlers After Disasters**—This table lists possible reactions, how to understand them, and suggestions that can help parents of infants and toddlers support their young children in coping with their emotions after a disaster.
https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_infants_and_toddlers_after_disasters.pdf

The table is also available in Spanish at

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_infants_and_toddlers_after_disasters_sp.pdf.

- **Parent Tips for Helping Preschool-age Children After Disasters**—This table lists possible reactions, suggested responses, and examples of things parents can do and say to help children in their preschool years who have been affected by a disaster.
https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_preschool_age_children_after_disasters.pdf

The table is also available in Spanish at

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_preschool_age_children_after_disasters_sp.pdf.

- **Parent Tips for Helping School-age Children After Disasters**—This table lists possible reactions, suggested responses, and examples of things parents can do and say to support their school-age children after a disaster.
https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_school_age_children_after_disasters.pdf

The table is also available in Spanish at

https://www.nctsn.org/sites/default/files/resources/pfa_parent_tips_for_helping_school_age_children_after_disasters_sp.pdf.

- **Resilience and Coping Intervention (RCI)**—This intervention can be used to help children and adolescents cope with disasters and other forms of community trauma. RCI is designed for groups of 5 to 10 people and can be delivered in one or several sessions. RCI groups can be implemented in programs based in schools, faith-based organizations, or clinical settings and led by teachers, counselors, or other professionals who have been trained in the intervention.
<https://dcc.missouri.edu/rci.html>
- **Tips for Parents on Media Coverage**—In this 2-page tip sheet, the National Child Traumatic Stress Network explains the effects that media coverage of a violent incident may have on children and teens and suggests ways for parents and other caregivers to help children and teens manage reactions to media coverage and the violent event. The tip sheet also includes tips for families with involvement in a violent incident.
https://www.nctsn.org/sites/default/files/resources/tips_for_parents_media_coverage.pdf

Resources for Disaster Responders

- **Tips for Disaster Responders: Preventing and Managing Stress**—This SAMHSA tip sheet helps disaster response workers prevent and manage stress. It includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment. <https://store.samhsa.gov/product/Preventing-and-Managing-Stress/SMA14-4873>

This tip sheet is available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH>.

- **Emergency Responders: Tips for Taking Care of Yourself**—This online article from the Centers for Disease Control and Prevention (CDC) emphasizes the importance of responder self-care and presents steps responders can take before, during, and after deployment to manage stress and avoid burnout and secondary traumatic stress. Suggestions are provided for working with other responders on stress management as well as maintaining habits to support health and optimal functioning as a responder.
<https://emergency.cdc.gov/coping/responders.asp>
- **Surviving Field Stress for First Responders**—Provided by CDC’s Agency for Toxic Substances and Disease Registry, this online course is designed to help all types of first responders and the public to be prepared for disasters. https://www.atsdr.cdc.gov/emes/health_professionals/surviving_field_stress.html
- **Traumatic Incident Stress: Information for Emergency Response Workers**—This CDC fact sheet outlines symptoms of traumatic incident stress and lists activities emergency response workers can do on site and at home to cope with the challenging aspects of disaster response.
<https://www.cdc.gov/niosh/mining/works/coversheet643.html>

Traumatic Stress and Retraumatization Resources

- **Post-disaster Retraumatization: Risk and Protective Factors**—This Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center webcast informs disaster behavioral health professionals about the concepts and signs of retraumatization and associated risk and protective factors. It also highlights promising treatment strategies and tips for avoiding retraumatization.
https://www.youtube.com/watch?v=1O7w6pu4BdI&list=PLBXgZMI_zqfRcTt9ndxkbbieQ-pQslk-R6
- **Tips for Survivors of a Disaster or Other Traumatic Event: Coping With Retraumatization**—In this tip sheet, SAMHSA defines retraumatization as "reliving stress reactions experienced as a result of a traumatic event when faced with a new, similar incident," notes that retraumatization is common, and identifies ways to cope. The tip sheet lists events that may lead to retraumatization; highlights retraumatization signs and symptoms; and, in addition to suggestions for coping, offers resources for more information and support.
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-/SMA17-5047>
- **Media Coverage of Traumatic Events: Research on Effects**—The National Center for PTSD presents information on the effects of intense media exposure following a disaster. This article describes the association between watching media coverage of traumatic events and stress symptoms.
https://www.ptsd.va.gov/professional/treat/type/media_coverage_trauma.asp
- **Complex Trauma: Facts for Caregivers**—This National Child Traumatic Stress Network fact sheet explains complex trauma, which it defines as “both children’s exposure to multiple traumatic events and the wide-ranging, long-term impact of this exposure.” The fact sheet describes traumatic reminders, the ways in which complex trauma can affect a child’s view of the world, possible cognitive effects of complex trauma, and how parents or other caregivers can help children heal.
<https://www.nctsn.org/resources/complex-trauma-facts-caregivers>

Additional Resource for Acute Needs

- **National Suicide Prevention Lifeline**—Funded by the Substance Abuse and Mental Health Services Administration, the National Suicide Prevention Lifeline is a source of support available 24/7 to people in crisis, including challenging reactions to disasters. Call 1–800–273–TALK (1–800–273–8255), or, for support in Spanish, call 1–888–628–9454. <https://suicidepreventionlifeline.org>