

# 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 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. <http://store.samhsa.gov/shin/content/SMA13-4776/SMA13-4776.pdf>

This tip sheet is also available in Spanish at

<http://store.samhsa.gov/shin/content/SMA13-4776SPANISH/SMA13-4776SPANISH.pdf>.

- **Psychological First Aid (PFA)**—Developed jointly by the National Center for Posttraumatic Stress Disorder and the National Child Traumatic Stress Network, PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress, and to foster short- and long-term adaptive functioning. <http://www.ptsd.va.gov/professional/materials/manuals/psych-first-aid.asp>
- ***Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster***—This fact sheet from the American Red Cross explains normal reactions to a disaster, what a survivor can do to cope with these emotions, and where to seek additional help if needed. [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240142\\_EmoionalHealth.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240142_EmoionalHealth.pdf)

## Flood-Specific Information

- **Disaster-Specific Resources Disaster Behavioral Health Information Series (DBHIS) Installment**—This SAMHSA Disaster Technical Assistance Center (DTAC) DBHIS installment is a collection of resources focused on preparedness and response for specific types of disasters, including floods. [http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter\[0\]=Flood](http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter[0]=Flood)
- **Natural Disasters and Severe Weather: Floods**—The mission of the Centers for Disease Control and Prevention (CDC) is to increase the health security of the United States. The CDC Emergency Preparedness and Response website provides information on a host of disaster types, including floods. <http://www.cdc.gov/disasters/floods/index.html>
- **Ready: Floods**—This Federal Emergency Management Agency page includes safety information; facts; and tips on what to do before, during, and after flooding. <http://www.ready.gov/floods>

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

- **Children and Youth—SAMHSA Disaster Behavioral Health Information Series (DBHIS) installment**—This SAMHSA DTAC DBHIS installment focuses on the common responses and needs children and youth may have during and after disasters. <http://www.samhsa.gov/dbhis-collections/children-and-youth-resource-collection?term=Children-Youth-DBHIS>
- **Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers**—This fact sheet can help parents, caregivers, and teachers recognize and address problems in children and teens affected by a disaster. Readers can learn about signs of stress reactions that are common in young survivors at different ages, as well as how to help children through grief. <http://store.samhsa.gov/product/Tips-for-Talking-With-and-Helping-Children-and-Youth-Cope-After-a-Disaster-or-Traumatic-Event-A-Guide-for-Parents-Caregivers-and-Teachers/SMA12-4732>
- **Floods**—This federal website offers information geared toward kids on preparing, responding, and staying safe after a flood. <http://www.ready.gov/kids/know-the-facts/floods>
- **National Child Traumatic Stress Network: Flooding**—This section of the website of the National Child Traumatic Stress Network describes floods and provides information for parents, other caregivers, and families about what to do before, during, and after a flood. <http://www.nctsn.org/trauma-types/natural-disasters/floods#tabset-tab-5>

## 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. <http://store.samhsa.gov/shin/content/SMA14-4873/SMA14-4873.pdf>

This tip sheet is available in Spanish at <http://store.samhsa.gov/shin/content/SMA14-4873SPANISH/SMA14-4873SPANISH.pdf>.

- **Disaster Mental Health for Responders: Key Principles, Issues and Questions**—This Centers for Disease Control and Prevention (CDC) web page presents information that may be helpful to disaster survivors and first responders during and after a disaster. The page opens with guiding principles and also features survivor needs and common responses to disasters, signs that someone may need a mental health referral, common signs of stress among disaster responders, and examples of ways to care for yourself after a disaster. <http://emergency.cdc.gov/mentalhealth/responders.asp>

- **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 disaster response.  
<http://www.cdc.gov/niosh/docs/2002-107/pdfs/2002-107.pdf>
- **Worker Safety After a Flood**—This article from the CDC contains information regarding worker safety after a flood.  
<http://www.cdc.gov/disasters/floods/workersafety.html>

## Traumatic Stress and Retraumatization Resources

- **Post-Disaster Retraumatization: Risk and Protective Factors**—This SAMHSA webcast defines retraumatization, which may occur after experiencing more than one disaster; identifies factors that put people at greater risk for retraumatization, as well as factors that may protect them from it; and provides tips for avoiding retraumatization or managing it if it happens to you or one of your loved ones.  
[https://www.youtube.com/watch?v=1O7w6pu4BdI&list=PLBXgZMI\\_zqfRcTt9ndxkbieQ-pQslk-R6&index=11](https://www.youtube.com/watch?v=1O7w6pu4BdI&list=PLBXgZMI_zqfRcTt9ndxkbieQ-pQslk-R6&index=11)
- **Effects of Traumatic Stress After Mass Violence, Terror, or Disaster**—This National Center for PTSD web page describes the reactions to disaster that survivors may experience and discusses the potentially severe stress symptoms that may lead to lasting posttraumatic stress disorder (PTSD), anxiety disorders, or depression. Information on how survivors can reduce their risk of psychological difficulties and recover from disaster stress is also provided.  
<http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/stress-mv-t-dhtml.asp>
- **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. It also offers guidance to help providers avoid retraumatizing children and their parents with whom they work.  
<http://www.ptsd.va.gov/professional/trauma/basics/media-coverage-traumatic-events.asp>

## Additional Resource for Acute Needs

- **National Suicide Prevention Lifeline**—Funded by SAMHSA, the National Suicide Prevention Lifeline is a source of support available 24/7 to people in crisis, including challenging responses to disasters. Call **1-800-273-TALK (1-800-273-8255)**, or, for support in Spanish, call **1-888-628-9454**.  
<http://www.suicidepreventionlifeline.org>