

# 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>.

- **Effects of Traumatic Stress After Mass Violence, Terror, or Disaster**—This web page from the National Center for Posttraumatic Stress Disorder (PTSD) describes the emotional, cognitive, physical, and interpersonal reactions that disaster survivors may experience and discusses potentially severe stress symptoms and PTSD, anxiety disorders, and depression. The page also provides information about how survivors can reduce their risk of psychological difficulties and recover from disaster stress.  
<http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/stress-mv-t-dhtml.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)

## Wildfire-Specific Information

- **Disaster Distress Helpline: Wildfires**—The SAMHSA Disaster Distress Helpline supports survivors, family members, responders, and recovery workers who are affected by wildfires and other disasters. Information on this web page includes signs of emotional distress, a list of people who may be at greater risk for distress, and links to resources for more information and support.  
<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/wildfires>
- ***After the Fire: Your Emotional and Physical Well-Being***—This tip sheet provided by the Centers for Disease Control and Prevention (CDC) explains common reactions to stress and includes steps an individual can take to cope and stay healthy after a wildfire.  
<http://www.cdc.gov/disasters/wildfires/pdf/afterfire.pdf>
- **Centers for Disease Control and Prevention: Wildfires**—The CDC's mission is to increase the health security of the United States. The CDC Emergency Preparedness and

Response website provides information on a host of hazards, including wildfires.  
<http://emergency.cdc.gov/disasters/wildfires/index.asp>

## 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>
- ***After a Crisis: Helping Young Children Heal***—This 1-page 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.  
<http://www.nctsn.org/products/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, health care practitioners, and community members to help children and adolescents cope.  
<http://www.nctsn.org/products/age-related-reactions-traumatic-event>
- **Help Kids Cope**—This free mobile app provides information to help parents and other caregivers, teachers, counselors, and other prepare for and talk about disasters with kids. The app features tips and checklists to help with disaster preparation; information about how children typically respond to disasters; and links to kids' books, activities, and other resources. Developed by the National Child Traumatic Stress Network and other organizations, the app runs on iPhone, iPad, and iPod Touch.  
<http://www.nctsn.org/content/help-kids-cope>
- **Recovery: After a Wildfire**—This web page from the National Child Traumatic Stress Network is designed to assist parents and families after a wildfire. Recovery materials are available in English and Spanish under the “Recovery” tab.  
<http://www.nctsn.org/trauma-types/natural-disasters/fires/wildfires>

## Resources for Disaster Responders

- ***Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers***—This SAMHSA tip sheet provides first responders with information on how to address people for the first time after a disaster and how to calmly communicate and promote safety.  
<http://store.samhsa.gov/shin/content/NMH05-0210/NMH05-0210.pdf>

- ***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>.

- ***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>