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# **Hurricane Disaster Behavioral Health Resources**

Updated 11/1/12; Compiled by HHS ASPR ABC [www.phe.gov/abc]

*This document contains a listing of Web resources that provide information and coping skills to address the hurricane-related behavioral health, stress, and trauma concerns of adults, children and youth, and first responders.*

## **General Disaster Behavioral Health Resources**

### ***Disaster Distress Helpline***

A service of the Substance Abuse and Mental Health Services Administration (SAMHSA).

Call 1-800-985-5990 or text 'TalkWithUs' to 66746 to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

The Helpline and Text Service are:

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.

Available at <http://www.disasterdistress.samhsa.gov/>

### **Immediate Disaster Response—Hurricane Sandy**

This installment of SAMHSA's Disaster Behavioral Health Information Series (DBHIS) focuses on the immediate disaster behavioral health response with specific information related to Hurricane Sandy.

Available at [http://www.samhsa.gov/dtac/dbhis/dbhis\\_hurricane\\_intro.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_hurricane_intro.asp)

### ***Tips for Survivors of Traumatic Stress***

This SAMHSA pamphlet provides stress management tips for disaster survivors and describes how to know when to seek professional help.

Available at <http://store.samhsa.gov/shin/content//NMH05-0209R/NMH05-0209R.pdf>

### ***Tips for Survivors of Traumatic Stress: What to Expect in Your Personal, Family, Work, and Financial Life***

This SAMHSA guide discusses the long-term impact of trauma, including personal uncertainties, family relationship changes, work disruptions, and financial concerns.

Available at <http://store.samhsa.gov/shin/content//NMH02-0139/NMH02-0139.pdf>

## **Children and Youth Disaster Behavioral Health Resources**

### ***Children and Youth Resource Collection***

This SAMHSA Disaster Behavioral Health Information Series installment focuses on the reactions and mental health needs of children and youth after a disaster and contains resources from both the child trauma and disaster behavioral health fields.

Available at [http://www.samhsa.gov/dtac/dbhis/dbhis\\_children\\_intro.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_children_intro.asp)

### ***Hurricanes: Recovery***

Web page that collects hurricane behavioral health recovery information for children, youth, parents, and educators.

Available at <http://nctsn.org/trauma-types/natural-disasters/hurricanes#tabset-tab-5>

### ***Teacher Guidelines for Helping Students after a Hurricane***

This document includes tips for adjustments that may be necessary in curriculum and ways to approach students after living through a hurricane.

Available at [http://nctsn.org/sites/default/files/assets/pdfs/teachers\\_guidelines\\_talk\\_children\\_hurricanes.pdf](http://nctsn.org/sites/default/files/assets/pdfs/teachers_guidelines_talk_children_hurricanes.pdf)

### ***The Effects of Trauma on Schools and Learning***

Web page that describes how children at different ages respond to stress and trauma in their lives and how this may affect learning and school performance.

Available at <http://nctsn.org/resources/audiences/school-personnel/effects-of-trauma>

### ***Resources for Schools***

Web page that lists additional resources and programs that schools can use for training on helping students with early and intermediate recovery.

Available at <http://nctsn.org/resources/audiences/school-personnel/resources-for-schools>

### ***Simple Activities for Children and Adolescents***

Provides ideas for simple activities that children or adolescents can take part in during a power outage, storm, or other situations when they are unable to get outside.

Available at [http://nctsn.org/sites/default/files/assets/pdfs/activities\\_for\\_children\\_and\\_adolescents.pdf](http://nctsn.org/sites/default/files/assets/pdfs/activities_for_children_and_adolescents.pdf)

### ***Psychosocial Issues for Children and Adolescents in Disasters***

Discusses the reactions of children to disasters and gives guidelines for the provision of mental health services.

Available at <http://store.samhsa.gov/shin/content//ADM86-1070R/ADM86-1070R.pdf>

### ***Tips for Talking to Children and Youth After Traumatic Events***

This guide is designed for parents and educators and features signs of stress reactions that are common in young trauma survivors at different ages, and offers tips on how to help.

Available at <http://store.samhsa.gov/shin/content//KEN01-0093R/KEN01-0093R.pdf>

## ***Responder Disaster Behavioral Health Resources***

### ***Disaster Responders***

This SAMHSA Disaster Behavioral Health Information Series (DBHIS) installment focuses on the behavioral health effects of responding to a disaster. It provides resources on self-care for disaster responders, as well as specific disaster behavioral health interventions that responders can use to help survivors recover from a disaster.

Available at [http://www.samhsa.gov/dtac/dbhis/dbhis\\_responders\\_intro.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_responders_intro.asp)

### ***A Post-Deployment Guide for Emergency and Disaster Response Workers***

This guide provides information about easing back into life after a deployment, with signs of stress, potential difficulties, coping suggestions, and when to seek help from a mental health professional.

Available at <http://store.samhsa.gov/shin/content//NMH05-0219/NMH05-0219.pdf>

### ***A Post-Deployment Guide for Families of Emergency and Disaster Response Workers***

This guide is designed to help families of emergency responders after their loved one returns from a deployment, with advice on adjustment to home life, basic post-deployment needs, possible redeployment, signs of stress, and when to seek help.

Available at <http://store.samhsa.gov/shin/content//NMH05-0220/NMH05-0220.pdf>

## ***Organizational Main Web Sites (Behavioral Health & Disaster)***

### ***The Substance Abuse and Mental Health Services Administration (SAMHSA): Main Web Page***

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities.

Available at <http://www.samhsa.gov/>

### ***Disaster Technical Assistance Center (DTAC): Main Web Page***

Established by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Disaster Technical Assistance Center (DTAC) supports SAMHSA's efforts to prepare States, Territories, Tribes, and local entities to deliver an effective mental health and substance abuse (behavioral health) response to disasters.

Available at <http://www.samhsa.gov/dtac/default.asp>

### ***National Child Traumatic Stress Network (NCTSN): Main Web Page***

The mission of SAMHSA's NCTSN is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States

Available at <http://www.nctsn.org/>

### ***HHS ASPR At-Risk, Behavioral Health, & Community Resilience (ABC): Main Web Page***

The U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR) Division for At-Risk, Behavioral Health & Community Resilience (ABC) provides subject matter expertise, education, and coordination to internal and external partners to ensure that the functional needs of at-risk individuals and behavioral health issues are integrated in the public health and medical emergency preparedness, response, and recovery activities of the nation to facilitate and promote community resilience and national health security.

Available at <http://www.phe.gov/preparedness/planning/abc/pages/default.aspx>

