

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

Incidents of Mass Violence: Specific Information

- ***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. <http://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888>
- **Disaster-Specific Resources: Mass Violence**—This SAMHSA Disaster Technical Assistance Center (DTAC) Disaster Behavioral Health Information Series installment is a collection of resources focused on preparedness and response for specific types of disasters, including mass violence, riots, and trauma. [http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter\[0\]=Mass+Violence+or+Riots](http://www.samhsa.gov/dbhis-collections/disaster-specific-resources?term=Disaster-Specific-Resources-DBHIS&filter[0]=Mass+Violence+or+Riots)

- **Incidents of Mass Violence**—The SAMHSA Disaster Distress Helpline supports survivors, family members, responders, and recovery workers who are affected by incidents of mass violence and other disasters. Information on this web page includes a list of risk factors for distress, information on lockdown notices and other warnings, and additional resources for coping.
<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>
- **Effects of Traumatic Stress After Mass Violence, Terror, or Disaster**—This online article from the National Center for PTSD describes the emotional, cognitive, physical, and interpersonal reactions that disaster survivors may experience and discusses the potentially severe stress symptoms that may lead to lasting posttraumatic stress disorder (PTSD), anxiety disorders, or depression. The article also presents information on 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>

Resources for Disaster Responders

- **Disaster Responders Disaster Behavioral Health Information Series (DBHIS) Installment**—This installment of the SAMHSA Disaster Technical Assistance Center's DBHIS includes resources for people who respond to disasters, including human-caused disasters such as incidents of mass violence. It includes links to materials about how responders can support their own mental health while helping others, organizations and agencies that support disaster responders, and information specifically for law enforcement.
<http://www.samhsa.gov/dbhis-collections/disaster-responders?term=Disaster-Responders-DBHIS>
- ***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>.

- **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 Stress and Retraumatization Resources

- **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>