

General Disaster Response and Recovery Information

- ***Tips for Survivors: Coping With Anger After a Disaster or Traumatic Event***—Developed by SAMHSA, this tip sheet intends to aid survivors in coping with bouts of anger that may follow disasters or traumatic events. The tip sheet describes the physical changes that may indicate anger and provides guidance for coping and integrating positive habits into your life, as well as resources for additional support.
<https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002>
- **Coping with a Disaster or Traumatic Event**—This Centers for Disease Control and Prevention (CDC) web page emphasizes the importance of effective coping after a disaster and getting professional help if needed for reactions that are difficult and intense. Links are provided to additional information about managing your emotional health as a survivor and about supporting your children in coping.
<https://emergency.cdc.gov/coping/index.asp>

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

- ***Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster***—This fact sheet from the American Red Cross lists common reactions to a disaster, identifies ways for survivors to cope effectively, and highlights signs of the need for additional mental health support.
https://www.redcross.org/content/dam/redcross/atg/PDFs/Be_Red_Cross_Ready/EmotionalHealth.pdf

The American Red Cross also offers a web page with the information in the tip sheet: <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html>. The fact sheet is available in a large-print edition at https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf, as well as in several languages other than English:

- Arabic:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Arabic.pdf
- Chinese:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Chinese.pdf

- French:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_French.pdf
- Haitian Creole:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Haitian-Creole.pdf
- Korean:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Korean.pdf
- Spanish:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Spanish.pdf
- Tagalog:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Tagalog.pdf
- Vietnamese:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Diaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Vietnamese.pdf

Flood-specific Information

- **Floods**—At this part of its website, the SAMHSA Disaster Distress Helpline describes floods and how they can affect communities. The web page highlights signs of flood-related emotional distress, groups who are particularly at risk for emotional distress in the event of a flood, and flood-related resources.
<https://www.samhsa.gov/types-disasters/floods>
- **Natural Disasters and Severe Weather: Floods**—This web page from the CDC provides information to help people stay safe after a flood. The page includes links to information about risks associated with floodwater, safely returning to a home that has been flooded, and response worker safety.
<https://www.cdc.gov/disasters/floods/index.html>

Resources for Children, Families, and Schools

- **Children and Adolescents**—Several sections of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) resource collection focus on the common responses

and needs children and adolescents may have during and after disasters. These sections include resources that highlight the unique needs of children and adolescents in and after disasters, as well as how adults who work with children, and parents and other caregivers, can offer support to children and adolescents in coping. Following are SAMHSA DBHIS sections related to children and adolescents:

- Resources intended for children: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20195>
 - Resources for adolescents: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20192>
 - Resources about children and disaster: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20575>
 - Resources about adolescents and disaster: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20151>
- ***Coping After a Disaster***—Developed by CDC and the American Academy of Pediatrics, this activity book can be used by parents and other caregivers and teachers to help children express their feelings about disasters. Children can color in the pictures in the book and complete puzzles and games, all while learning about disaster types, common reactions to disasters, and ways to cope with difficult reactions. https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

The activity book is available in Spanish at https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508_S_P.pdf.

- **Flood Resources**—This section of the NCTSN’s website describes floods and provides information for parents, other caregivers, and families about what to do before, during, and after a flood. Descriptions and links to related resources are also provided. <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/flood-resources>
- **PFA: Parent Tips for Helping Adolescents after Disasters**—Part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout lists reactions adolescents may have to disasters, suggests ways for parents to respond, and offers examples of things parents can do and say to support adolescent disaster survivors. <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents>

The handout is also available in five languages other than English:

- Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-chinese>
- Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-japanese>

- Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-adolescentes>
 - Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-ru>
 - Ukrainian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-uk>
- **PFA: Parent Tips for Helping Infants and Toddlers after Disasters**—This handout lists ways that infants and toddlers may react to disasters, how parents should interpret these reactions, and steps parents can take to help infants and toddlers in coping. The handout is part of the *PFA Field Operations Guide*, which describes PFA, an approach responders can use to provide support and assistance to disaster survivors. <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters>

The handout is also available in five languages other than English:

- Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-chinese>
 - Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-japanese>
 - Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-bebes-y-ninos-pequenos>
 - Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters-ru>
 - Ukrainian: <https://www.nctsn.org/resources/pfa-tips-for-parents-supporting-infants-and-toddlers-after-disasters-uk>
- **PFA: Parent Tips for Helping Preschool-age Children After Disasters**—Part of the *PFA Field Operations Guide*, this handout lists reactions preschool-age children may have to disasters, including behaviors that are common reactions among children in this age range. The handout presents ways for parents to respond and things they can do and say. <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters>

The handout is also available in five languages other than English:

- Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-chinese>
- Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-japanese>
- Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-preescolar>

- Russian: <https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters-ru>
- Ukrainian: <https://www.nctsn.org/resources/pfa-parent-tips-for-helping-preschool-age-children-after-disasters-uk>
- **PFA: Parent Tips for Helping School-Age Children after Disasters**—This handout lists reactions children may have to disasters, ways parents can respond helpfully to these reactions, and examples of things parents can do and say to support their school-age children after a disaster. The handout is part of the *PFA Field Operations Guide*. <https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters>

The handout is also available in three languages other than English:

- Chinese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters-chinese>
- Japanese: <https://www.nctsn.org/resources/pfa-parent-tips-helping-school-age-children-after-disasters-japanese>
- Spanish: <https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-ninos-de-edad-escolar>

Resources Focused on Older Adults

- ***Helping Older Adults After Disasters: A Guide to Providing Support***—Designed for anyone supporting older adults after a disaster, this SAMHSA guide highlights reactions to disasters that are common among survivors of all ages, as well as unique challenges older adults may face after disasters and how response workers can help. The guide also identifies resources available to help in connecting older adults with services and supports. <https://store.samhsa.gov/product/helping-older-adults-after-disasters-a-guide-to-providing-support/PEP19-01-01-001>
- **Eldercare Locator**—This service of the Administration on Aging, part of the U.S. Administration for Community Living, features an online database users can search by ZIP code and city and state to find local services for older adults, which may be particularly useful following a disaster. The service can also be reached by toll-free phone at 1-800-677-1116. The Eldercare Locator website includes links to consumer publications and websites of organizations that serve older adults. <https://eldercare.acl.gov>
- ***Helping Families Deal with the Stress of Relocation After a Disaster***—In this handout, the CDC provides a wealth of information about stress, why relocation after a disaster may be stressful, common signs of stress, and ways that parents and other caregivers can support children and adolescents in coping. Tips are also provided for helping older adults with coping, as are links to related resources.

https://www.atsdr.cdc.gov/emes/health_professionals/documents/relocationstress_508.pdf

Additional Resources for Acute Needs

- **SAMHSA Disaster Distress Helpline**—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH’s toll-free number via videophone-enabled device or click the “ASL Now” link at the DDH website.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

This website is available in Spanish at <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>.

- **988 Suicide and Crisis Lifeline**—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.
<https://988lifeline.org>

The website is available in Spanish at <https://988lifeline.org/es/obten-ayuda>.