

SAMHSA Disaster Behavioral Health Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) supports preparedness efforts by states, territories, and local entities to deliver an effective mental health and substance use (behavioral health) response to disasters. SAMHSA helps states and communities with disaster behavioral health preparedness and response issues directly and also through the SAMHSA Disaster Technical Assistance Center (DTAC). SAMHSA provides materials, training, and technical assistance to the entire United States, its territories, and federally recognized tribes for all-hazards disaster behavioral health preparedness, response, and recovery. For more information about our services, please visit our website at <http://www.samhsa.gov/dtac>.

A traumatic event such as this is unexpected and often brings out strong emotions. People can call the Disaster Distress Helpline's toll-free number (**1-800-985-5990**) and receive immediate counseling. This free, confidential, and multilingual crisis support service is also available via SMS (text **TalkWithUs to 66746**) to anyone experiencing psychological distress as a result of this event. People who call and text are connected to trained and caring professionals from crisis counseling centers in the network. The Helpline staff provides confidential counseling, referrals, and other needed support services.

The SAMHSA Disaster App allows disaster behavioral health responders to navigate resources related to pre-deployment preparation, on-the-ground assistance, and post-deployment resources. Users can also share resources from the app via text message or email and quickly identify local behavioral health services. <http://store.samhsa.gov/apps/disaster>

The following list below contains highlights of materials including those focused on behavioral health needs after a wildfire, as well as separate sections listing materials for addressing behavioral health needs after disasters in general, supporting children and youth, and serving effectively and safely as a disaster responder.

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. <https://store.samhsa.gov/product/Tips-for-Health-Care-Practitioners-and-Responders-/SMA17-5036>
- This tip sheet is also available in Spanish at <http://store.samhsa.gov/shin/content//SMA13-4776SPANISH/SMA13-4776SPANISH.pdf>.

- ***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

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>
- ***Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers***—This tip sheet can help parents, caregivers, and teachers recognize and address problems in children and teens affected by a disaster. The tip sheet presents signs of stress 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>
- **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/product/Preventing-and-Managing-Stress/SMA14-4873>

- ***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>