

Resources for a General Audience

Title	Description	Tips for the Reader
<p>Disaster Distress Helpline Substance Abuse and Mental Health Services Administration</p>	<p>This page offers information about who should consider contacting the Helpline, what to expect from the counselors who staff it, and instructions for how to call or text the Helpline.</p>	<p>Available 24/7/365, this line is staffed by trained professionals who can assist in supporting and making appropriate referrals for callers experiencing stress related to disasters and other community-wide crises. The helpline is accessible via phone, text, TTY and callers can choose Spanish as their preferred language. Other language translation services can be tapped on request.</p>
<p>Trauma and Disaster Mental Health Resources American Counseling Association</p>	<p>A professional membership association the ACA provides resources specific to disasters and outlines how mental health professionals can be engaged in disaster response and recovery.</p>	<p>This article describes the variety of community support personnel who can assist disaster survivors.</p>
<p>Coping with Disaster or Traumatic Event Centers for Disease Control</p>	<p>This page provides links to preparedness and response information, including recently updated information on mental health and COVID-19.</p>	<p>Resources for responders, leaders, local and state governments, along with suggestions for self-care and care for children.</p>
<p>Psychological Support for Survivors of Disaster: A Practical Guide Collaborative for Children</p>	<p>A companion piece to Helping Child Survivors of Disaster: A Practical Guide for Caregivers, this is a broader guide for assessing and determining interventions for the larger population.</p>	<p>This study outlines how to recognize the signs and symptoms of disaster trauma, provide psychological first aid, assist those with special needs and attend to disaster responders. It presents an overarching model that suggests how disasters can impact individuals and principles for designing effective interventions.</p>