

Iowa Disaster Behavioral Health Response Teams

The [Iowa Disaster Behavioral Health Response Team](#) is a trained team of volunteers who can mobilize resources to provide post-disaster mental health services statewide.

The goal of the Iowa DBHRT is to provide an organized response to individual victims, family members, volunteers, responders, survivors, or the community affected by critical incidents or disasters.



Local authorities may request Iowa DBHRT assistance in order to meet the behavioral health needs of communities in crisis by contacting the Homeland Security and Emergency Management Duty Officer at 515-725-3231 (available 24 hours a day, 7 days a week).

Iowa Legal Aid Disaster Relief

[Iowa Legal Aid Disaster Relief](#) provides various services to assist Iowans who are experiencing difficulties due to a natural disaster. Such resources include, but are not limited to, utility assistance, food assistance, eviction/rent assistance, disaster declarations, housing issues, and mental health assistance.

If you are experiencing the effects of a disaster, you may face many different legal problems. The [Iowa Legal Aid Disaster Relief App](#) is designed to help people by providing tools to prepare in advance for a disaster and for people who are currently experiencing the effects of a disaster.



Works Cited References

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- Dean Russell, Jamie Smith Hopkins and Claudia Boyd-Barrett 2020, *California Health Report website*, accessed 30 March 2023, [Disasters Are Driving a Mental Health Crisis – California Health Report \(calhealthreport.org\)](#)
- U.S. Department of Health & Human Services 2022, *U.S. Department of Health & Human Services website*, accessed 30 March 2023, [Coping Tips for Traumatic Events and Disasters | SAMHSA](#)
- Texas A&M Agrilife Extension 2014, *Texas A&M Agrilife Extension website*, accessed 30 March 2023, [After the Flood: Emotional Distress and How to Manage It \(tamu.edu\)](#)
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Clip ART courtesy of the following websites:

- https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.tpoftampa.com%2Fwp-content%2Fuploads%2F2021%2F05%2Fmental-health-month.jpg&tbid=ADG-t_F5gEHOvM&vet=12ahUKEwiOI9uHjIT-AhXrNd4AHf00ByAQMMyhiegUIARDTAQ..i&imgrefurl=https%3A%2F%2Fwww.tpoftampa.com%2Frecognizing-mental-health-awareness-month%2F&docid=nkMIWFnnEgTx-M&w=400&h=300&q=mental%20health%20awareness%20month&ved=2ahUKEwiOI9uHjIT-AhXrNd4AHf00ByAQMMyhiegUIARDTAQ
- <https://www.verywellmind.com/climate-change-impact-on-mental-health-goes-beyond-anxiety-5211209>
- <https://vemkar.us/bbc/mental-health-first-aid/>
- <https://www.google.com/imgres?imgurl=http%3A%2F%2Fclipart-library.com%2Fimg%2F1227789.jpg&tbid=aDjKHHGDjYBfJM&vet=12ahUKEwjljWli4T-AhWwPN4AHVAAC9UQMMygregUIARDfAg..i&imgrefurl=http%3A%2F%2Fclipart-library.com%2Fmental-health-cliparts.html&docid=sYwaicLuNGtcmM&w=591&h=440&q=mental%20health%20clip%20art&ved=2ahUKEwjljWli4T-AhWwPN4AHVAAC9UQMMygregUIARDfAg>
- <https://www.dreamstime.com/stock-photo-diverse-hands-holding-words-mental-health-image41013783>
- https://favpng.com/png_view/symbol-family-family-symbol-png/dV3nRYkd