

## Disaster Behavioral Health Resources

### Training

#### [Building Workforce Resilience through the Practice of Psychological First Aid – A Course for Supervisors and Leaders](#)

***Department of Health and Human Services, Assistant Secretary of Preparedness and Response;  
National Association of County & City Health Officials***

Leaders, managers, supervisors and aspiring leaders all can play a role in supporting a resilient workforce and helping colleagues manage during intense times as well as when they transition back to steady state tasks and activities. Psychological First Aid for Leaders (PFA-L) is a scenario-based and exercise-driven course that also incorporates self-evaluation. This free 90-minute interactive and effective on-line training helps leader at any level understand and address their staff's stress risks and reactions and create a resilient workplace. PFA-L is based on the principles of Psychological First Aid which is an evidence-informed approach for assisting children, adolescents, adults, families, and responders in the aftermath of a disaster or emergency event. Organizations that work in emergency or disaster-related areas such as public health, emergency response, hospitals and other healthcare organizations or even voluntary organizations that are active in disasters will find PFA-L useful. Supervisors and leaders will gain skills that will help build a resilient workforce which will, in turn, lead to less staff turnover, fewer work conflicts, increased productivity and effectiveness in service to the mission, and overall enhanced workforce development.

### Guidance and Tools

#### [Psychological First Aid for First Responders](#)

***Department of Health and Human Services, Substance Abuse and Mental Health Services Administration***

When people are first faced with disaster and you first meet them, intense emotions are often present and appropriate. They are a result of intense fear, uncertainty, and apprehension. This guide offer strategies for emergency and disaster response works to help disaster survivors cope with psychological aspects of a traumatic event. It offers strategies for managing intense emotions and promoting a safe, calm environment.

#### [Disaster Behavioral Health Coalition Guidance](#)

***Department of Health and Human Services, Assistant Secretary of Preparedness and Response***

During disaster response and recovery, there may be challenges coordinating behavioral health services. Behavioral health services are often provided by a variety of agencies and organizations, such as state and local government, mental health departments, substance abuse programs, hospital-based and outpatient services, private clinicians, and volunteer groups. Establishing a disaster behavioral health coalition can facilitate communication across provider groups, coordinate behavioral health care efforts, and help identify existing and emergency needs. This guidance can help support the developing of a disaster behavioral health coalition.

### [Coping with Grief after Community Violence: Tips for Survivors](#) (Mass Violence Resource)

***Department of Health and Human Services, Substance Abuse and Mental Health Services Administration***

It is not uncommon for individuals and communities as a whole to experience grief reactions and anger after an incident of community violence. In situations of community violence, people may experience the loss of their sense of safety, their trust in those who live in their neighborhood, or their trust in the local government. This guide contains information about some of the signs of grief and anger and provides useful strategies for about how to cope with them.

### [Disaster Distress Helpline](#)

***Department of Health and Human Services, Substance Abuse and Mental Health Services Administration***

The Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The Disaster Distress Helpline puts people in need of counseling on the path to recovery. Our staff members provide counseling and support before, during, and after disasters and refer people to local disaster-related resources for follow-up care and support. The Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide crisis counseling for people in emotional distress related to any natural or human-caused disaster, information on how to recognize distress and its effects on individuals and families, tips for healthy coping, and referrals to local crisis call centers for additional follow-up care and support.

### [Disaster Kit](#)

***Department of Health and Human Services, Substance Abuse and Mental Health Services Administration***

This toolkit arms disaster recovery workers with materials that aid in responding effectively to the general public during and after a disaster, and in dealing with workplace stress. The toolkit includes SAFE-T practice guidelines, and suicide prevention wallet cards. It also includes guides for parents, caregivers, teachers, and others. Access the Disaster Kit on your mobile phone by downloading the SAMHSA Disaster App.

### [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)

***Department of Health and Human Services, Substance Abuse and Mental Health Services Administration***

If you were involved in a disaster or traumatic event, you may be affected personally regardless of whether you were hurt or lost a loved one. You can be affected by just witnessing a disaster or event. It is common to show signs of stress after exposure to a disaster or other traumatic event, and it is important to monitor your physical and emotional health. This tip sheet notes important things to know about possible reactions to disasters or traumatic events.

### [Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster](#)

***American Red Cross***

Disasters can bring about significant stress, which is why it is important to “Be Red Cross Ready!” This guide provides positive actions you can take to help you feel better and more in control of your emotional health after a disaster.