



Mental Health Online Resources

Centers for Disease Control and Prevention (CDC)

"Coping with a Disaster or Traumatic Event"

Provides tips to help caregivers and parents to help their children and themselves in times of disaster. Provides descriptions of common signs of distress.

Substance Abuse and Mental Health Services Administration (SAMHSA)

"Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress"

Describes potential emotional and physical reactions to traumatic events, how to cope with and relieve stress after a traumatic event, and provides resources for additional help.

"Disaster Distress Helpline"

This handout provides phone number to call and/or text, a website url, and social media to follow for anyone seeking additional help and support after a disaster.

"Disaster Distress Helpline Wallet Card"

This handout contains the same information as the previous document but can be printed in a wallet-size to be passed out easily to clients or patients who may be struggling after a disaster or traumatic event.



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