

## Disaster Distress Helpline Resources

### RESOURCES: DISASTER SPECIFIC

The following resources are available to counselors to support DDH callers struggling with distress or other behavioral health concerns following incidents of community violence/unrest:

- **SAMHSA Coping With Grief After Community Violence**  
<http://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888>  
Offers tips for coping with grief after an incident of community violence. Introduces some of the signs of grief and anger, provides useful information about how to cope with grief, and offers tips for helping children deal with grief.
- **NCTSN Community Violence: Reactions and Actions in Dangerous Times**  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/community\\_violence\\_reactions\\_and\\_actions\\_in\\_dangerous\\_times.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/community_violence_reactions_and_actions_in_dangerous_times.pdf)  
Offers information to help youth understand common stress reactions and ways to cope with difficult emotions.
- **Common Sense Media “Explaining the News to Our Kids”**  
<https://www.common Sense Media.org/blog/explaining-the-news-to-our-kids>  
Tips for parents and caregivers regarding talking with kids about current events, broken down by developmental stages (young children to older teens). [Common Sense Media is a national organization led by concerned parents and individuals with experience in child advocacy, public policy, education, media and entertainment.]
- **Mental Health America: Black & African American Communities and Mental Health**  
<https://www.mhanational.org/issues/black-african-american-communities-and-mental-health>  
Information about the unique and considerable challenges faced by communities of color in accessing mental health services.
- **SAMHSA: Effects of Trauma on First Responders**  
[https://www.samhsa.gov/sites/default/files/dtac/dialogue-vol14-is1\\_final\\_051718.pdf](https://www.samhsa.gov/sites/default/files/dtac/dialogue-vol14-is1_final_051718.pdf)  
Several articles that reflect on the experiences of responders.
- **Lifeline Network Resource Center: Resources Regarding Community Unrest**  
<https://networkresourcecenter.org/display/AN/2020/06/01/Resources+Regarding+Community+Unrest>  
List of resources from the Lifeline & DDH (will be continuously updated as needed).

## **RESOURCES: GENERAL BEHAVIORAL HEALTH**

- **2-1-1 (Information on local disaster-specific and general social services)** <http://www.211.org/>
- **National Suicide Prevention Lifeline** <http://www.suicidepreventionlifeline.org/GetInvolved/Locator>
- **SAMHSA's National Helpline/Treatment Referral Locator** <http://www.samhsa.gov/find-help/national-helpline>
- **Strength After:** <https://strengthafterdisaster.org/>

Strength After is a new initiative of the DDH that offers a platform for disaster survivors and responders to share stories of hope and strength during recovery after natural and human-caused disasters.

  - When people are struggling with distress or other mental health concerns like depression or anxiety after a disaster, it can help to hear from others who have gone through similar experiences regarding what helped them to find 'strength after', in moving forward on the path of recovery.
  - Counselors are encouraged to refer callers to 'Strength After' to read stories of other disaster survivors, and/or share their own stories of recovery when they are ready.
- **Deaf Videophone Crisis Line: 321-800-DEAF (3323)**

A 24/7/365 nationwide crisis videophone hotline for the Deaf individuals in crisis or who need resources and emotional support.

  - Trained crisis workers fluent in American Sign Language answer calls.
  - People working with Deaf individuals in crisis may also call the crisis line for support.