

NACo is Here to Help Resources in Disasters

Numbers you can call for immediate hotline assistance

1-800-985-5990

For Veterans – 1-800-273-8255

Download on your phone the SAMHSA Disaster app. This award winning app connects you to a variety of mental health resources on your phone. Download on your phone at the App Store – SAMHSA Disaster app.

<https://emergency.cdc.gov/coping/index.asp> CDC information on coping in disasters

<http://www.cdms.uci.edu/pdf/disaster-mental-health-handbook-oct-2012.pdf> This handbook is long but provides a wealth of information on responding to disasters. Of particular interest is information found on pg. 28 which explains the normal reactions of people in and after disasters.

<http://www.trauma-pages.com/disaster.php> A variety of connections are available at this web site that were put together by David Baldwin for response after earthquakes, but all are good for disasters in general.

<https://www.counseling.org/knowledge-center/trauma-disaster> There are a variety of fact sheets available on this web site that help to address a variety of needs post disaster.

<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally> An excellent Red Cross fact sheet that assists people in finding assistance and working to recover after disaster.

http://www.dshs.state.tx.us/preparedness/factsheet_elderly_emotional_recovery.pdf A preparedness and response worksheet that is particularly helpful to address the needs of older adults.

<http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/flood#About> Red Cross resources for preparing for the flood and after the flood is over what to expect and how to begin recovery.

http://www.ptsd.va.gov/public/treatment/therapy-med/disaster_mental_health_treatment.asp A variety of resources regarding PTSD – post traumatic stress disorder for anyone.

<http://www.ihatoday.org/uploadDocs/1/samhsadisasterresources.pdf> This tip sheet provides a variety of links and resources for disaster mental health, with particular emphasis on floods.