



Substance Abuse and Mental Health
Services Administration

5600 Fishers Lane • Rockville, MD 20857

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)



SAMHSA Resources for Flash Flooding in Ruidoso, New Mexico

Flood-specific Information

Floods—At this part of its website, SAMHSA describes floods and how they can affect communities. The web page highlights signs of flood-related emotional distress, groups who are particularly at risk for emotional distress in the event of a flood, and flood-related resources.

<https://www.samhsa.gov/mental-health/disaster-preparedness/disaster-types/floods>

Floods and Your Safety—This web page from the Centers for Disease Control and Prevention provides information to help people stay safe after a flood. The page includes information and links about risks associated with floodwater and safely returning to a home that has been flooded.

<https://www.cdc.gov/floods/about/index.html>

Flood Safety—This web page from the American Red Cross focuses on flood safety tips for families and communities. The web page encourages families and communities to implement best safety practices before, during, and after a flood, and discusses ways to stay safe after a flood.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html>

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- **Children and Adolescents**—Two sections of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) resource collection focus on the common responses and needs children and adolescents may have during and after disasters. These sections include resources that highlight the unique needs of children and adolescents in and after disasters, as well as how adults who work with children, and parents and other caregivers, can offer support to children and adolescents in coping. Following are SAMHSA DBHIS sections related to children and adolescents:

— Resources intended for children and youth:

<https://www.samhsa.gov/technical-assistance/dtac/disaster-behavioral-health-information-series-resource-center?f%5B0%5D=audience%3A20195>

— Resources about children and youth and disasters:

<https://www.samhsa.gov/technical-assistance/dtac/disaster-behavioral-health-information-series-resource-center?f%5B0%5D=populations%3A20155>

- **Flood Resources**—This section of the National Child Traumatic Stress Network’s website describes floods and provides information for parents, other caregivers, and families about what to do before, during, and after a flood. Descriptions and links to related resources are also provided.

<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/flood-resources>

The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies—This tip sheet from NCTSN highlights ways for parents and other caregivers to support children in grieving after they have lost a parent or caregiver. Suggestions are provided for helping children face new fears and build connections, engage in self-care, and find support.

<https://www.nctsn.org/resources/power-of-parenting-how-to-help-your-child-after-a-parent-or-caregiver-dies>

Talking to Children: When Scary Things Happen—This fact sheet provides adults with the guidance necessary to speak to children about scary or violent occurrences happening in the world. The fact sheet outlines a conversational approach that is digestible for children and supportive of their emotions toward such events.

<https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen>

This fact sheet is available in Spanish at <https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen-sp>.

General Disaster Response and Recovery Information

Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support.

<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>

Coping with a Disaster or Traumatic Event—This one-page, plain-language resource explains the importance of caring for your emotional health after a disaster or traumatic event. It lists steps to care for yourself and for children in your family, as well as common signs of distress, and notes ways to find help if needed. The resource is available in English, Spanish, Chamorro, Chuukese, Japanese, and Vietnamese.

<https://www.cdc.gov/natural-disasters/communication-resources/coping-with-a-disaster-or-traumatic-event-factsheet.html>

Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster—This fact sheet from the American Red Cross lists common reactions to a disaster, identifies ways for survivors to cope effectively, and highlights signs of the need for additional mental health support.

https://www.redcross.org/content/dam/redcross/atg/PDFs/Be_Red_Cross_Ready/Emotion

[alHealth.pdf](#)

The American Red Cross also offers this fact sheet in a large-print edition at https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf, as well as in several languages other than English:

- Arabic:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Arabic.pdf
- Chinese:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Chinese.pdf
- French:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_French.pdf
- Haitian Creole:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Haitian-Creole.pdf
- Korean:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Korean.pdf
- Spanish:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Spanish.pdf
- Tagalog:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Tagalog.pdf
- Vietnamese:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Vietnamese.pdf

Coping After Disaster—The American Psychiatric Association provides online information about common reactions to disasters in adults and children and steps that survivors can take to manage disaster reactions and cope effectively. Also presented are links to resources on recognizing signs of trauma, coping and recovery after specific types of disasters, and mobile apps for stress management.

<https://www.psychiatry.org/patients-families/coping-after-disaster-trauma>

Resources for Faith-based Communities and Spiritual Leaders

Children & Disaster—This tip sheet from the National Disaster Interfaiths Network (NDIN) discusses common reactions of children and youth to traumatic events, the importance of family in how children and youth understand and react to disaster, and recommendations to help religious leaders meet the emotional needs of children and youth. The tip sheet also provides information about using support networks.

https://n-din.org/wp-content/uploads/2021/08/24_NDIN_TS_Children.pdf

This tip sheet is available in Spanish at https://n-din.org/wp-content/uploads/2021/08/24_NDIN_TS_Children_Sp.pdf.

Faith Communities & Disaster Mental Health—This NDIN tip sheet provides information for religious leaders about common stress reactions people may have after a disaster and suggests ways faith leaders and others can cope effectively with disaster stress reactions, as well as helping others with coping. The sheet also provides information on referring people for mental health services.

https://n-din.org/wp-content/uploads/2021/08/11_NDIN_TS_DisasterMentalHealth.pdf

This tip sheet is available in Spanish at https://n-din.org/wp-content/uploads/2021/08/11_NDIN_TS_DisasterMentalHealth_Sp.pdf.

Tips & Lessons—Disaster Response: The Sunday After a Disaster—Developed after Hurricane Sandy in 2012, this tip sheet from Episcopal Relief & Development offers advice on how to provide community and congregational support after a disaster. Tips for working with children are also provided.

<https://www.episcopalrelief.org/wp-content/uploads/2019/05/Sunday-After-Disaster.pdf>

Vulnerable Populations & Disaster—This NDIN tip sheet discusses how religious leaders can help meet the needs of vulnerable populations, including individuals with physical and cognitive differences and disabilities, during disaster preparedness and response. The tip sheet identifies several vulnerable populations and suggests practices to offer support to individuals within these populations during preparedness and response.

https://n-din.org/wp-content/uploads/2021/08/26_NDIN_TS_VulnerablePopulations.pdf

This tip sheet is available in Spanish at https://n-din.org/wp-content/uploads/2021/08/26_NDIN_TS_VulnerablePopulations_Sp.pdf.

Resources for Disaster Responders and First Responders

- **A Guide to Managing Stress for Disaster Responders and First Responders**—This SAMHSA guide is designed for first responders, public health workers, construction workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people

experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response.

<https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003>

Responder Safety and Health—In this topical resource collection, the Administration for Strategic Preparedness and Response (ASPR) provides a wealth of items for health care, public health, and emergency management professionals pertaining to safety, including mental health-related safety for responders. Part of the ASPR Technical Resources, Assistance Center, and Information Exchange resource, the collection features three sections about responder behavioral health and resilience.

<https://asprtracie.hhs.gov/technical-resources/72/responder-safety-and-health/0>

Pause – Reset – Nourish (PRN)* to Promote Wellbeing—Provided by the National Child Traumatic Stress Network (NCTSN), this tip sheet describes the PRN approach to promotion of well-being for responders to a disaster or other crisis. In addition to providing specific ways to engage in stress management, the tip sheet identifies sources of more information and support in coping.

<https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

This tip sheet is available in Spanish at <https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp>.

Psychological First Aid Field Operations Guide, 2nd Edition—Developed by the National Center for PTSD and NCTSN, PFA is an evidence-informed approach that disaster response workers can use to assist people in the immediate aftermath of disaster.

https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp and <https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

NCTSN also provides a Spanish-language version of the guide at

<https://www.nctsn.org/resources/primeros-auxilios-psicologicos-guia-de-operaciones-practicadas-2da-edicion>.

Additional Resources for Acute Needs

SAMHSA Disaster Distress Helpline—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1-800-985-5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and more than 100 additional languages. People who are deaf or hard of hearing can text or call the DDH at 1-800-985-5990 using their preferred relay provider.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Other DDH information is available in [30 commonly spoken languages](#).

988 Suicide and Crisis Lifeline—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.

<https://988lifeline.org>

The website is available in Spanish at <https://988lifeline.org/es/home>.