

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides materials, training, and technical assistance to the entire United States, its territories, and federally recognized tribes for all hazards, disasters behavioral health preparedness, response, and recovery. For more information about their services, please visit their website at <http://www.samhsa.gov/dtac>. You can also contact **SAMHSA Disaster Technical Assistance Center (DTAC)** by emailing DTAC@samhsa.hhs.gov or calling the toll-free hotline at 1-800-308-3515.

SAMHSA General Disaster Response and Recovery Information

- [***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***](#)—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources. This [tip sheet](#) is also available in Spanish.
- [***Effects of Traumatic Stress After Mass Violence, Terror, or Disaster***](#)—This online article from the National Center for PTSD describes the emotional, cognitive, physical, and interpersonal reactions that disaster survivors may experience and discusses severe stress symptoms and posttraumatic stress disorder (PTSD). The article also presents information on risk and protective factors in disaster survivors.
- [***Psychological First Aid Field Operations Guide, 2nd Edition***](#)—Developed jointly by the National Center for Posttraumatic Stress Disorder and the National Child Traumatic Stress Network (NCTSN), Psychological First Aid is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism. At the NCTSN’s website, the [Psychological First Aid Field Operations Guide](#) is available in Spanish, Japanese, and Chinese as well as English. You can also access Psychological First Aid online, a free 6-hour course providing an introduction to PFA.

Mass Violence and Trauma-specific Information

- [***Coping With Grief After Community Violence***](#)—This SAMHSA tip sheet introduces some of the signs of grief and anger after an incident of community violence, provides useful information about to how to cope with grief, and offers tips for helping children deal with grief.
- [***Mass Violence/Community Violence Disaster Behavioral Health Information Series \(DBHIS\) Installment***](#)— From DTAC, this is a collection of resources about common reactions to incidents of mass violence, community violence, and terrorism.
- [***Incidents of Mass Violence***](#)—The SAMHSA Disaster Distress Helpline supports survivors, family members, responders, and recovery workers who are affected by incidents of mass violence and other disasters. Information on this webpage includes a list of signs of emotional distress related to incidents of mass violence, details of lockdown notices and other warnings, and additional resources for coping.

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

- [*Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers*](#)—This fact sheet can help parents, caregivers, and teachers recognize and address problems in children and teens affected by a disaster. Readers can learn about signs of stress reactions that are common in young survivors at different ages, as well as how to help children through grief. This tip sheet is available in [Spanish](#).
- [*Parent Guidelines for Helping Youth after the Recent Shooting*](#)—In this 3-page tip sheet, the National Child Traumatic Stress Network describes how a shooting may affect children and teens as well as parents and other caregivers. This resource is also available in Spanish.
- [*Psychological Impact of the Recent Shooting*](#)—This document from the National Child Traumatic Stress Network lists different psychological reactions to a shooting and its related consequences (such as decreases in school performance and sleep disturbances).
- [*Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals*](#)—This fact sheet from the Center for the Study of Traumatic Stress provides tips for professionals to help them communicate effectively about a shooting, ensure physical safety and security, and provide answers to some common questions.

National Child Traumatic Stress Network Resources (NCTSN)

The NCTSN has multiple resources to support children, youth, families and community response efforts. Please click hyperlinks below:

- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Parents Tips for Helping Preschool-Aged Children after Disasters](#)
- [Parents Tips for Helping School-Aged Children after Disasters](#)

Unexpected traumatic events often bring out strong emotions. People can call the Disaster Distress Helpline's toll-free number (**1-800-985-5990**) and receive immediate counseling.

This free, confidential, and multilingual crisis support service is also available via SMS (text **TalkWithUs to 66746**) to anyone experiencing psychological distress as a result of this event. The Helpline staff provides confidential counseling, referrals, and other needed support services.

The SAMHSA Disaster App allows disaster behavioral health responders to navigate resources related to pre-deployment preparation, on-the-ground assistance, and post-deployment resources. Users can also share resources from the app via text message or email and quickly identify local behavioral health services. <http://store.samhsa.gov/apps/disaster>