Disaster Mental Health Resources and Educational Information

Referral Sources for Support

National Helplines/Hotlines:

National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) The National Suicide Prevention Hotline can also refer you to your state resources if not found listed below.

Veterans Crisis Line at: 1-800-SUICIDE (1-800-784-2433)
You Tube Video http://www.youtube.com/watch?v=y0U_i1OgJ5Y

SAMSHA’s Disaster Distress Helpline 1-800-985-5990 or Text TalkWithUs to 66746
TTY for Deaf/Hearing Impaired: 1-800-846-8517

United Way 2-1-1 – National information and referral search service for help with food, housing, employment, health care, counseling, and more; www.211.org or call “211” or 1-800-543-7709

National Center for Child Traumatic Stress  1-310-235-2633

National Domestic Violence Hotline 1-800-799-SAFE (7233)

National Child Abuse Hotline  1-800-4-A-CHILD (422-4453)

Rural Helplines/Hotlines:

Iowa Response Hotline - Iowa Concern 1-800-447-1985
http://www.extension.iastate.edu/iowaconcern/crisis.html Iowa Hotline website

Kansas Rural Family Helpline: 866-327-6578

Minnesota Crisis Connection Helplines: Crisis Line: 612.379.6363 Twin Cities or 1-866-379-6363 Toll Free in MN
Men’s Line: 612.379.6367 Twin Cities or 1-866-379-6367 Toll Free in MN

Nebraska Rural Response Hotline  1-800-464-0258
http://www.interchurchministries.org/ruralresponse.html Nebraska Rural Response Website

North Dakota 2-1-1/Helpline - 800-472-2911
http://www.liveyourlifewell.org/  Mental Health America “Live Your Live Well” website to help you cope better with stress and create more of the life you want.

New York FarmNet: 1-800-547-FARM (3276)

South Dakota Rural Helpline - 1-800-664-1349

Wisconsin Farm Center Hotline - 1-800-942-2474
http://datcp.wi.gov/Farms/Wisconsin_Farm_Center/Information_and_Outreach/index.aspx Wisconsin Farm Center Website

Farm Aid  800-FARMAID (800-327-6243)

National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) can also refer you to your state resources if not found listed above.
**Online Locator of Counseling Professionals:**


National Alliance on Mental Illness Local Resources Locator- click on state, click on resource list [http://www.nami.org/Template.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm](http://www.nami.org/Template.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm)

American Association For Marriage and Family Therapy Therapist Locator [http://www.therapistlocator.net/imis15/therapistlocator/](http://www.therapistlocator.net/imis15/therapistlocator/)

Mental Health America Affiliate Directory [http://www.mentalhealthamerica.net/go/searchMHA](http://www.mentalhealthamerica.net/go/searchMHA)

**Mental Health Resources for information**


Mental Health First Aid (MHFA) [http://www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

National Alliance on Mental Illness (NAMI) – free courses for families of individuals with mental illness and organizes support groups for those individuals [http://www.nami.org/Template.cfm?section=Find_Support](http://www.nami.org/Template.cfm?section=Find_Support)


Mental Health America (MHA) [www.nmha.org](http://www.nmha.org) Educates the public about mental health and mental illness, disorders, symptoms, treatment, medications, clinical trials, referrals, payment help, advocacy, and community screenings, and online screenings for various disorders.

Substance Abuse and Mental Health Services Administration (SAMHSA) [http://www.samhsa.gov/](http://www.samhsa.gov/) Federal agency that provides grants and national leadership and determines effective treatment and prevention.

**Drought/Disaster Educational Resources**

Centers for Disease Control and Prevention Coping with Disaster or Traumatic Event [http://www.bt.cdc.gov/mentalhealth/](http://www.bt.cdc.gov/mentalhealth/)


Search other eXtension resources at [www.extension.org](http://www.extension.org), an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America.
Colorado State University Extension AgrAbility  www.agrability.cahs.colostate.edu/resources/Default.aspx  Fact sheets for family, child/youth, elderly, relationships topics that include information on stress and coping, emotions, and family relationships

Missouri Department of Public Health - Tips for Coping with Drought-related Stress  http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips_001.pdf

National Rural Behavioral Health Center  Triumph Over Tragedy focuses on helping individuals and communities cope with the emotional impacts of disaster events  http://www.nrbhc.phhp.ufl.edu/

Purdue University Extension publication "Farm & Family Connections: Recognizing & Managing Stress. Farm Business Management for the 21st Century"

Rural Care Givers  www.ruralcare.info  A link to the Rural Caregivers Web site that contains links to a variety of materials and resources for Caregiver Workshops  https://engineering.purdue.edu/~bng/Caregiving/bystate.html caregiver resources by state and region

Rural Minnesota Life  http://www.cehd.umn.edu/fsos/projects/ruralmnlife/default.asp  Focuses on family business and family vitality. It includes research, interactive worksheets, publications, and presentations. Such topics as: tough financial times, staying resilient, business tensions and reduced income.

SAMHSA  behavioral health resources useful in coping with drought  http://www.samhsa.gov/dtac/dbhis/dbhis_drought_intro.asp?from=carousel&position=3&date=08292012


University of Missouri Extension  http://missourifamilies.org/coping/ Coping with Disasters

University of Wisconsin Extension  www.uwex.edu/ces/ag/issues/stress-safety/index.html  Includes a link to a series of five fact sheets, "Recognizing, Responding To, and Relieving Stress," from the University of Wisconsin Extension Farm Family Stress including "A Checklist and Guide For Making Referrals"

Virginia AgrAbility  www.agrability.ext.vt.edu  Survey to assess depression in farmers (higher rate of injury among farmers with depression)


Dr. Val Farmer  www.valfarmer.com  Clinical psychologist and syndicated columnist, specializing in rural mental health and family relationships. Access his writings on multiple mental health and family relationship topics.

Video: "Responding to Farm Stress" Helps you recognize signs of stress and ways to help farmers and farm families. It addresses stigma and shows a counselor working with an overly stressed farmer. Mercy Medical Center, Dubuque, Iowa (supported by Iowa Farm Bureau Federation) 1999, 10 minutes

Focus on Youth:


Become a Master of Disaster curriculum materials are specifically tailored for lower elementary (K–2), upper elementary (3–5) and middle school (6–8) classes. Masters of Disaster can be used to help reduce children's anxiety about unknown aspects of disasters and tragic events. They will also gain confidence to deal successfully with life's unexpected turns  http://www.redcross.org/prepare/location/school/preparedness-education
Local Resources. Search the yellow pages, existing community resource guides or search online for these resources in your state, region and area. Helping professionals can use these categories to localize resources for their communities.

Clergy

Crisis centers

Disaster recovery organizations

Emergency Room in local or regional hospitals

Law enforcement agencies

Mental health professionals

Non-profit helping organizations

Physicians

Social services, community services, or human services agencies

Senior centers

United Way

Compiled 10/06/2012