

# 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 state resources if not found listed below.*  
<http://suicidepreventionlifeline.org/GetHelp/Default.aspx>

**Veterans Crisis Line** at: 1-800-SUICIDE (1-800-784-2433)  
You Tube Video [http://www.youtube.com/watch?v=y0U\\_i1OqJ5Y](http://www.youtube.com/watch?v=y0U_i1OqJ5Y)

**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](http://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](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:***

**American Mental Health Counselors Association** Find a licensed clinical mental health counselor near you  
[http://www.amhca.org/public\\_resources/why\\_use\\_a\\_mental\\_health\\_counselor.aspx](http://www.amhca.org/public_resources/why_use_a_mental_health_counselor.aspx)

**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/>

**Mental Health America Affiliate Directory** <http://www.mentalhealthamerica.net/go/searchMHA>

## **Mental Health Resources for information**

**National AgrAbility Project** [http://www.agrability.org/Documents/Mental-Behavioral\\_Health\\_Drought.pdf](http://www.agrability.org/Documents/Mental-Behavioral_Health_Drought.pdf)

**Agriwellness, Inc.** <http://www.agriwellness.org/> Building hope and health in the rural agricultural community.

**Mental Health First Aid (MHFA)** <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)

**National Institute of Mental Health (NIMH)** <http://www.nimh.nih.gov/educational-resources/index.shtml> Info including “Guide: Getting Through Tough Economic Times”.

**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/> 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/>

**Cooperative Extension** – Educational network of local or regional Extension offices located in every U.S.state and territory. Find an office near you at [www.nifa.usda.gov/Extension/index.html](http://www.nifa.usda.gov/Extension/index.html)

**Extension Disaster Education Network (EDEN)** Reducing the Impact of Disasters Through Education on website. search--Families in Communities, Children and Disasters, Drought and Wildfire Resources at <http://eden.lsu.edu/>

**eXtension** Disaster Recovery Stress and Decision-making <http://www.extension.org/pages/9378/disaster-recovery:-stress-and-decision-making>

**eXtension** Managing Stress in Financial Crisis – [www.extension.org/pages/17967/managing-stress-in-financial-crisis](http://www.extension.org/pages/17967/managing-stress-in-financial-crisis)

**eXtension** Coping With Stress - [www.extension.org/pages/16132/coping-witearh-stress](http://www.extension.org/pages/16132/coping-witearh-stress)

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.caahs.colostate.edu/resources/Default.aspx](http://www.agrability.caahs.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](http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips_001.pdf)

**National Rural Behavioral Health Center** [Triumph Over Tragedy](http://www.nrbhc.phhp.ufl.edu/) 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](http://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/ruralminlife/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](http://www.samhsa.gov/dtac/dbhis/dbhis_drought_intro.asp?from=carousel&position=3&date=08292012)

**University of Minnesota Extension** <http://www.extension.umn.edu/family/tough-times/dealing-with-stress/> Families in Tough Times

**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](http://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](http://www.agrability.ext.vt.edu) Survey to assess depression in farmers (higher rate of injury among farmers with depression)

**University of Wyoming Extension** <http://www.uwyo.edu/fcs/faculty-staff/weigel/life/personal-nature-agriculture/index.html> Publications on stress, emotions, crisis, disasters, and coping Recommended Videos

**Dr. Val Farmer** [www.valfarmer.com](http://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:***

**After a Disaster: A Lesson Plan for Youth Educators in T3 Format**  
[http://www.lsuagcenter.com/en/4H/adults/teachers\\_and\\_educators/resources/After-A-Disaster-A-Lesson-Plan-in-T3.htm](http://www.lsuagcenter.com/en/4H/adults/teachers_and_educators/resources/After-A-Disaster-A-Lesson-Plan-in-T3.htm)

**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>

University of Missouri Extension <http://missourifamilies.org/features/copingarticles/coping28.htm> Coping with Disaster: How to help children, youth and teens after a disaster

**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**

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