

MENTAL HEALTH RESOURCES RELEVANT TO EBOLA

HHS RESOURCES

ASPR Division for At-Risk Individuals, Behavioral Health, and Community Resilience (ASPR-ABC)
<http://www.phe.gov/abc>

At-Risk Individuals (ASPR-ABC)

At-risk individuals have needs in one or more of the following functional areas: communication, medical care, maintaining independence, supervision, and transportation. This fact sheet defines “at-risk individuals” and their needs before, during, and after an emergency.

<https://www.phe.gov/Preparedness/planning/abc/Pages/at-risk.aspx>

HHS Disaster Behavioral Health (ASPR-ABC)

This fact sheet highlights behavioral health concerns affecting survivors/responders and the need for disaster behavioral health capabilities.

<https://www.phe.gov/Preparedness/planning/abc/Pages/disaster-behavioral.aspx>

Disaster Behavioral Health Capacity Assessment (ASPR-ABC)

This tool serves as a template for a behavioral health organizational assessment that organizations may opt to use or adjust to identify disaster behavioral health capacity and gaps.

<https://www.phe.gov/Preparedness/planning/abc/Documents/dbh-capacity-tool.pdf>

CDC

Coping with a Disaster or Traumatic Event

This page provides links specific to types of trauma (e.g. natural disasters and terrorist attacks) and specific populations (e.g. individuals, parents, schools, responders, health professionals, states). Links are provided to information on stress, coping, talking to children, and related references.

<https://emergency.cdc.gov/coping/index.asp>

Emergency Preparedness and Response: Coping with a Disaster or Traumatic Event

<https://emergency.cdc.gov/coping/index.asp>

Disaster Mental Health for Responders: Key Principles, Issues and Questions

<https://emergency.cdc.gov/coping/responders.asp>

ATSDR/CDC Webcast, Reference Manual, Script and Slides

Describes stress, coping with field related stress, and information for families of responders (2005; some materials labeled as “draft”).

http://www.atsdr.cdc.gov/emes/surviving_stress/index.html

Traumatic Incident Stress: Information for Emergency Response Workers (NIOSH/CDC, 2002)

How to take care of yourself onsite & at home; developed by the National Institute for Occupational Health

<https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2002-107.pdf>

Coping With a Traumatic Event

Information for the public (and another link for health professionals) on stresses associated with traumatic events, steps to take to feel better, and when to ask for help.

<https://emergency.cdc.gov/coping/index.asp>

SAMHSA

SAMHSA Crisis Counseling Assistance and Training Program (CCP)

<https://www.samhsa.gov/dtac/ccp>

SAMHSA's Disaster App

A free smartphone application created by the Substance Abuse and Mental Health Services Administration (SAMHSA) makes it easier for behavioral health responders to focus on disaster survivors by providing them quick access to resources for getting help. The SAMHSA Disaster App was designed to meet the needs of disaster responders.

<http://store.samhsa.gov/apps/disaster>

SAMHSA's Disaster Distress Helpline

For returning responders experiencing distress as a result of their deployment, SAMHSA's Disaster Distress Helpline is available to assist. The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or man-made disasters. For more information please visit <https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA Psychological First Aid Brochure

<https://store.samhsa.gov/product/Psychological-First-Aid-for-First-Responders/NMH05-0210>

SAMHSA Disaster Behavioral Health Information Series (DBHIS)

DBHIS is a collection of resources on numerous subjects, including children and youth, deployed military personnel and their families, languages other than english, older adults, persons with functional and access needs, rural populations, tribal organizations, and many more. <https://www.samhsa.gov/dtac/dbhis-collections>

SAMHSA Disaster Response Template Toolkit

This Disaster Response Template Toolkit features public education materials that disaster behavioral health response programs can use to create resources for reaching people affected by a disaster. <https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit>

SAMHSA Disaster Kit

The SAMHSA Disaster Kit arms disaster recovery workers with a toolkit on mental health awareness. Includes materials for responding effectively to the general public during and after a disaster and in dealing with workplace stress. Also includes materials for the general public. <https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster>

Field Manual for Mental Health and Human Service Workers in Major Disasters (2000)

<https://store.samhsa.gov/product/field-manual-mental-health-and-human-service-workers-major-disasters/adm90-0537>

Taking Care of Your Emotional Health After a Disaster (English) and (Spanish) SAMHSA/Red Cross

<https://www.samhsa.gov/node/668376>

Substance Abuse and Mental Health Services

Administration (SAMHSA) Coping with Traumatic Events Page

This is a home page with many links; focus is more on "disaster" but some links may be relevant <https://www.samhsa.gov/disaster-distress-helpline/coping-tips>

SAMHSA National Child Traumatic Stress Network (NCTSN) (also more focused on disaster)

<https://www.nctsn.org/>

Tips for Talking With and Helping Children and Youth Cope After a Traumatic Event

A Guide for Parents, Caregivers and Teachers.

<https://store.samhsa.gov/product/tips-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732>

NATIONAL CENTER FOR POST-TRAUMATIC STRESS DISORDER (PTSD)

Warning Signs & Information on Psychological Concerns after Experiencing Disaster and Violence

https://www.ptsd.va.gov/understand/types/disaster_violence_help_survivors.asp

WORLD HEALTH ORGANIZATION

Psychological First Aid Guide During Ebola Virus Disease Outbreaks

https://www.who.int/mental_health/emergencies/psychological_first_aid_ebola/en/

Psychological first aid guide for field workers

<https://apps.who.int/iris/handle/10665/44615>

Guidelines on Mental Health and Psychosocial Support for Humanitarian Personnel

https://www.who.int/mental_health/emergencies/what_humanitarian_health_actors_should_know.pdf

NATIONAL INSTITUTE OF ENVIRONMENTAL HEALTH SCIENCES (NIEHS/NIH)

Stakeholder Meeting on Mental Health and Training (Report, 2012)

Based on data collected after the Deep Water Horizon (DWH) spill, significant mental health consequences were identified, similar to previous disasters. NIEHS convened a meeting to evaluate the worker education and training program (Now called WTP: https://www.niehs.nih.gov/careers/hazmat/about_wetp/index.cfm) performed immediately after the DWH spill. Two main themes came out of the meeting: 1) Pre-training of workers provides more competent and resilient workers. Participants understood that while "just-in-time"/incident specific

training has an impact, pre-disaster training of workers is highly recommended. 2) Performing as a community team, involving public health, primary care, community

programs, and mental health providers results in better outcomes than does working in silos.



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