

Hurricane Helene Trauma Resources

[SAMHSA National Disaster Distress Helpline](#)

- A 24/7, free, confidential national helpline that connects you to immediate crisis counseling if you are experiencing emotional distress related to a disaster. This includes survivors of the disaster, loved ones of victims, first responders, rescue and recovery workers, faith leaders, local leaders, and parents and caregivers. Call for yourself or for someone else.
- Contact the helpline by phone:
 - English: Call or text "talk" to 1-800-985-5990 and press "1"
 - Español: Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"
 - Deaf and Hard of Hearing ASL: [Connect directly with an agent](#) in American Sign Language or call 1-800-985-5990 from your videophone
 - Disaster Distress webpage in other languages:
 - Arabic [العربية](#)
 - Chinese [繁體中文](#)
 - Creole [Kreyòl Ayisyen](#)
 - Farsi [فارسی](#)
 - French [Français](#)
 - German [Deutsch](#)
 - Vietnamese [Tiếng Việt](#)
 - Italian [Italiano](#)
 - Japanese [日本語](#)
 - Korean [한국어](#)
 - Polish [Polski](#)
 - Portuguese [Português](#)
 - [Tagalog](#) a major language spoken in the Philippines
 - Russian [Русский](#)

NAMI HelpLine Article, ["Wildfires, hurricanes and other disasters can have significant mental health impacts. What do I need to know?"](#)

[SAMHSA Tips for Survivors of a Disaster or Other Traumatic Event](#)

Federal Government [Hurricane Helene response website](#) including resources for TRICARE beneficiaries.

FEMA's [Hurricane Helene website](#).

Resources for Families with Children

- [Helping Children Cope with Frightening News](#) The Child Mind Institute, a children's mental health nonprofit, provides a webpage with tips on how parents and guardians can help kids process grief and fear in a healthy way.
- [PBS Kids Helping Children with Tragic Events in the News](#) In times of crisis, children want to know, "Who will take care of me?" Here are some tips to help reassure children during scary times.

- [How to Cope with Traumatic Events](#) The JED Foundation, a nonprofit that advocates for teen and young adult emotional health, provides a webpage with tips on coping and when to seek professional help.

[NAMI HelpLine 2023 Resource Directory Trauma Section](#)

[Please click here for access to NAMI HelpLine's online directory](#)

- [988 Suicide & Crisis Lifeline](#) Available 24 hours a day, 7 days a week for free, confidential help if you or somebody you know is experiencing a mental health, substance use, or suicide crisis. Call or text 988, or chat at 988lifeline.org in English or Spanish to be connected to a trained crisis counselor. Deaf and Hard of Hearing call 711, then 988 or [click here for ASLNow](#). Veterans call 988, then press 1 or text any word to 838255. For other language support, you must call 988 and ask for help in the language you speak. They will get you a Tele-Interpreter.
- [NAMI HelpLine](#) offers support, information, and resources if you or someone you know is struggling with mental health. Available Monday Through Friday, 10 A.M. – 10 P.M. ET. Call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), text “HelpLine” to [62640](tel:62640), [chat](#) or email us at helpline@nami.org.
- [Child Mind Institute](#) offers information about signs, symptoms, and treatment for common mental health issues, including trauma, that affect children and teens. The organization’s website also offers a symptom checker to inform parents about possible diagnoses and offer information about possible diagnoses to discuss with a mental health professional.
- [Handouts for Survivors](#) is a free downloadable subsection of the Psychological First Aid Manual, features coping strategies, including information about post-disaster emotional and physical reactions and tips on social support, relaxation, parenting after disasters, and self-care for adults.
- [Mental Health First Aid](#) is an education program offered by the National Council for Mental Wellbeing; visit their website for tips on self-care, including an overview of self-care, how breathing can reduce stress, and how to ask for a mental health day. Visit their website for a fact sheet on [creating a self-care plan](#) that may be helpful for coping in the aftermath of a traumatic event.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers a webpage with coping tips for traumatic events and disasters.
- [TF-CBT National Therapist Certification Program](#) offers a “Find a Therapist” locator on its website to find a clinician in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) treatment for people impacted by trauma; search by location, name and other criteria.

- [The EMDR International Association \(EMDRIA\)](#) offers a “Find an EMDR Therapist” locator on its website; search by location, name and other criteria. EMDR therapy is psychotherapy for the treatment of trauma.
- [The JED Foundation](#) protects emotional health and prevents suicide for adolescents and young adults; the organization’s website offers a webpage on “[How to Cope with Traumatic Events](#),” including tips on coping and recognizing when trauma requires professional help.
- [The National Institutes of Health \(NIH\)](#) is the lead federal agency for research on mental health conditions. NIMH offers a [fact sheet on self-care](#), including an overview of self-care, tips to get started, information about when to seek professional help and videos on managing stress and anxiety, that may be helpful for coping in the aftermath of a traumatic event.
- [The National Institutes of Health \(NIH\)](#) is the largest biomedical research agency in the world. NIH offers an [emotional wellness toolkit](#) that includes fact sheets on managing emotions, stress reduction, sleep, mindfulness and coping with loss, that may be helpful for coping in the aftermath of a traumatic event.