



## QUICK RESOURCE GUIDE

### NATURAL DISASTER SUPPORT FOR SCHOOLS

1. SAMHSA has a [Disaster Distress Helpline](#)— text TalkWithUs to 66746 or call 1-800-985-5990
2. This handout describes steps teachers can take to connect with students on a virtual platform. It aims to give teachers [Aspirations for Student Culture & Learning During Distance Learning](#).
3. The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) with a number of resources, including access to funding applications specific for supporting schools to hire more counseling professionals. The link is: <https://www.samhsa.gov/dtac>
4. [Help Kids Cope](#) is a mobil app that helps parents talk to their kids about disasters. It is also a great resource for teachers and other professionals involved in children's lives.
5. California Department of Education offer free Psychological First Aid training through the Project Cal-Well Youth Mental Health First Aid (YMHFA) For more information email: [YMHFA@CDE.CA.GOV](mailto:YMHFA@CDE.CA.GOV) This 6-hour training teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders in youth.
6. The NCTSN also has resources for responders on PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The [PFA online training course](#) is available on our NCTSN Learning Center.
7. For community and mental health providers who plan to continue working with affected communities long-term, review [Skills for Psychological Recovery](#) (SPR; [En Español](#)) and take the [SPR Online course](#).
8. [PFA Mobile](#) is a mobile app that lets responders review Psychological First Aid (PFA) guidelines and assess their readiness to deliver PFA in the field. The app provides support when responders are in the field.
9. The National Child Traumatic Stress Network (NCTSN) have a wealth of resources in both Spanish and English.

[Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](#)

[Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover](#)

[Leadership Communication: Anticipating and Responding to Stressful Events](#)

[Wildfire Smoke Factsheet: Protecting Children from Wildfire Smoke and Ash](#)

[Parent Guidelines for Helping Children Impacted by Wildfires \(En Español\)](#)

[Wildfires: Tips for Parents on Media Coverage \(En Español\)](#)

[Simple Activities for Children During Evacuations or When Playing Outside is Restricted](#)

[Strategies to Manage Challenges for EMS and Other First Responder Families](#)

[Trinka and Sam: The Big Fire](#) - e-book for young children. ([En Español](#))

[Helping Youth After Community Trauma: Tips for Educators](#)

[Age-Related Reactions to a Traumatic Event](#)

[Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)

[Helping Teens with Traumatic Grief: Tips for Caregivers](#)

[Childhood Traumatic Grief: Youth Information Sheet](#)

[Psychological First Aid \(PFA; \[En Español\]\(#\)\)](#)