



Center for School Mental Health

Dealing with Natural & Man-Made Disasters

General

The American Academy of Child and Adolescent Psychiatry offers families information on how to help children deal with disasters.

http://www.aacap.org/cs/root/facts_for_families/helping_children_after_a_disaster

The American Psychological Association (APA) provides information on the expected reactions children might have to trauma and disasters and how adults can help them cope.

<http://www.apa.org/practice/ptguidelines.html>

FEMA has developed this booklet to guide adults on how to properly prepare for disasters and how to help children cope once a disaster occurs.

<http://www.fema.gov/pdf/library/children.pdf>

The National Center for Post Traumatic Stress Disorder highlights the many reactions one might experience after surviving a natural disaster or otherwise traumatic event.

http://ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_commonreactions.html

The National Education Association Health Information Network has developed an extensive guide on dealing with crises in schools, and notably, provides information on the mental health needs of students, school staff, and the greater school community.

<http://www.neahin.org/crisisguide/images/SchoolCrisisGuide.pdf>

Natural Disasters

The Centers for Disease Control and Prevention (CDC) has developed fact sheets on how to respond to natural disasters including:

Earthquakes: <http://www.bt.cdc.gov/disasters/earthquakes/during.asp>

Floods: <http://www.bt.cdc.gov/disasters/floods/readiness.asp>

Hurricanes: <http://www.bt.cdc.gov/disasters/hurricanes/pdf/readiness.pdf>

Tornadoes: <http://www.bt.cdc.gov/disasters/tornadoes/prepared.asp>

The National Association of School Psychologists (NASP) highlights the possible reactions children might have to natural disasters and provides school crisis teams with tips on how to best support children and families.

http://www.nasponline.org/resources/crisis_safety/naturaldisaster_teams_ho.aspx

The American Psychological Association (APA) Health Center's article, *Managing Traumatic Stress: Tips for Recovering from Natural Disasters*, gives tips on recovering from natural disasters and managing traumatic stress.

<http://apahelpcenter.org/articles/article.php?id=69>

Mental Health America (MHA) has developed a fact sheet on helping children deal with the anxiety that may be associated with natural disasters.

<http://www.mentalhealthamerica.net/go/information/get-info/coping-with-disaster/helping-children-handle-disaster-related-anxiety>

MHA also has a fact sheet on how to cope with the stress of natural disasters.

<http://www.mentalhealthamerica.net/go/information/get-info/coping-with-disaster/coping-with-the-stress-of-natural-disasters>

Man-Made Disasters

The Centers for Disease Control and Prevention (CDC) offers students, parents, and school staff strategies on how to effectively cope with the stress associated with school violence and describes the wide range of responses to such tragedies.

<http://www.cdc.gov/Features/SchoolViolence/>

The National Center for Post Traumatic Stress Disorder has developed a fact sheet on terrorist attacks and children, including information on how children may react to terrorist attacks and how to speak to children about such attacks.

http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_children_disaster.html

The Office for Victims of Crime has developed a handbook detailing some of the expected reactions to acts of terrorism or mass violence. It also provides practical coping strategies and lists contacts for victims who want to seek assistance.

http://www.ojp.usdoj.gov/ovc/publications/infores/cat_hndbk/NCJ190249.pdf

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