

Substance Abuse and Mental Health Services Administration (SAMHSA) Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) coordinates, communicates, consults and provides resources and technical assistance to HHS and ASPR leadership as well as numerous other offices and agencies throughout the federal partnership and at the State, Local, Tribal and Territorial level on disaster behavioral health issues. The goal of SAMHSA in this effort is to raise awareness, promote behavioral health integration into preparedness, response and recovery operations, ensure survivors have quality and accessible behavioral health assistance following a disaster and that workforce needs are addressed.

Behavioral Health materials and resources – The Disaster Behavioral Health Information Series

The SAMHSA DBHIS contains themed installments of resources and toolkits in disaster behavioral health. Each installment focuses on a specific population, disaster type, or other topic pertinent to disaster behavioral health preparedness, response, and recovery. It is available at <http://beta.samhsa.gov/dtac/dbhis-collections>

Disaster Distress Helpline

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.

SAMHSA's Disaster Kit

This kit contains materials intended to arm disaster recovery workers with a toolkit on mental health awareness. It 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. <http://store.samhsa.gov/product/SMA11-DISASTER>

Behavioral Health Disaster App for mobile devices

In a disaster, it's essential that behavioral health responders have the resources they need—when and where they need them. The SAMHSA Disaster App makes it easy to provide quality support to survivors. Users can navigate pre-deployment preparation, on-the-ground assistance, post-deployment resources, and more—at the touch of a button from the home screen. Users also can share resources, like tips for helping survivors cope, and find local behavioral health services. And, self-care support for responders is available at all stages of deployment. <http://store.samhsa.gov/apps/disaster/>

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