



## Helping Students Cope with the Preparation and Aftermath of Natural Disasters

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities coping with hurricanes and other natural disasters.

### Emergency/Immediate Help

- [The Disaster Distress Helpline](#) is a free hotline dedicated to providing 24/7/365 disaster crisis counseling to anyone in the U.S. and its territories who is experiencing emotional distress related to natural or human-caused disasters. Call or text **1-800-985-5990**.  
[For ASL support](#), dial **1-800-985-5990** from your videophone or click the "ASL NOW" button on the linked webpage.  
[En español](#), llama o envía un mensaje de texto **1-800-985-5990** presiona **2**.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*

### Quick Assistance (short fact sheets & guides)

- [After the Hurricane: Helping Young Children Heal](#) provides easy-to-remember information on how parents can help their young children cope with the aftermath of a hurricane or other scary event.  
*The National Child Traumatic Stress Network (NCTSN)*
- [Child Care Crisis and Disaster Resource Hub](#) compiles tools, publications, and resources to help all childcare providers prepare for and expertly navigate any type of emergency.  
*Child Care Aware of America (CCAoA)*
- [Coping Tips for Traumatic Events and Disasters](#) provides comprehensive information, strategies, and resources to support youth, families, and community response efforts.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*
- [Coping with Disaster](#) outlines common emotional responses to disaster and how to address them.  
*Mental Health America (MHA)*

- **[Culturally Competent Crisis Response](#)** helps school psychologists and other responders ensure their crisis response is culturally inclusive, appropriate, and respectful so that all students and families receive the support they may need.  
*National Association of School Psychologists (NASP)*
- **[Helping Your Child Cope with a Disaster](#)** provides information on how to help children cope with disasters and when to seek additional support.  
*Centers for Disease Control and Prevention (CDC)*
- **[Large-Scale Natural Disasters: Helping Children Cope](#)** provides ways to identify and support children and students who may be especially vulnerable to the stress and emotional upheaval caused by natural disasters.  
*The National Association of School Psychologists (NASP)*
- **[Natural Disasters: Brief Facts and Tips](#)** describes common reactions different age groups may have to a natural disaster and provides helpful strategies for parents, teachers, and other caregivers.  
*The National Association of School Psychologists (NASP)*
- **[Students Recovering from a Crisis](#)** is a short primer with information and resources to help teachers respond to students who may need support after exposure to crises.  
*American Psychological Association (APA)*

## **In-depth Information** (longer articles & toolkits)

- **[College Students Coping After the Hurricane](#)** describes common reactions older students may experience in the aftermath of a disaster, suggests ways to enhance their capacity for coping, and gives a checklist of specific healing strategies.  
*The National Child Traumatic Stress Network (NCTSN)*
- **[Family Readiness Kit](#)** provides lifesaving information and action steps to help families and caregivers become disaster ready. A list of appendices and additional resources, such as articles about treating infections, guides for children with special needs, and tips to survive specific events like earthquakes, floods, and wildfires is also included.  
*American Academy of Pediatrics*
- **[Handouts from the Psychological First Aid Manual](#)** comprises numerous guides to support a wide variety of response efforts in the aftermath of disaster and terrorism.  
[Psychological First Aid](#) is an evidence-informed, culturally responsive approach designed to alleviate immediate distress and promote adaptive coping skills across all developmental levels.  
*National Center for PTSD + The National Child Traumatic Stress Network (NCTSN)*

- [Parent Guidelines for Helping Children after a Hurricane](#) and [Teacher Guidelines for Helping Students after a Hurricane](#) offer parents and teachers guidance on helping children after a hurricane. These guides describe common reactions children may have after a hurricane, explain what to do to help, and offer self-care tips.  
*The National Child Traumatic Stress Network (NCTSN)*
- [Tips for Helping Children Cope with Hurricanes, Storms, and Their Aftermath](#) describes typical reactions children have during and after storms, and how caregivers can meet each child's needs during these times.  
*The Clay Center for Young Healthy Minds*
- [Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers](#) helps parents and teachers recognize common reactions of children of all ages after experiencing a disaster or traumatic event. It highlights reactions by age group, offers tips for how to respond in a helpful way, and recommends when to seek help.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*

## **Interactive Resources** (videos, mobile apps, books, etc.)

- [Healing Days: Note to Parents and Caregivers](#) is an illustrated explainer to help parents and caregivers understand how trauma can impact young children and what kinds of strategies and activities can help.  
*American Psychological Association (APA)*
- [Help Kids Cope](#) is a mobile app intended to guide parents through talking to their children about various emergency situations and supporting them through the recovery and healing process. This is also a great resource for teachers and other professionals involved in children's lives. Available for [iOS](#) and [Android](#).  
*The National Child Traumatic Stress Network (NCTSN)*
- [Sesame Street's Hurricane Episodes, Safety Guides, and Activities](#) offer fun resources to help young children feel safe, cope with emotions, and understand there is hope for the future.  
*Sesame Workshop*
- [Simple Activities for Children and Adolescents](#) supplies numerous activity ideas to parents who may have limited access to supplies or electricity, so that families can stay preoccupied even while dealing with the stress of a disruptive event.  
*The National Child Traumatic Stress Network (NCTSN)*