



## Hurricane Resources

As communities prepare for Hurricane Milton to make landfall, there remains a continued need to support those communities devastated by Hurricane Helene. For some communities, they are anticipating being impacted by both storms. The following resources by the National Child Traumatic Stress Network and our partners are to help children, families, and communities navigate the impacts of hurricanes, flooding, and tornadoes; acknowledge their feelings; and find ways to cope together. These resources include:

### For Communities Who Are Preparing

- Make sure that your family is signed up for alert and warning systems. Discuss as a family what they sound like in your area (text messages, sirens, TV broadcast)—and what to do if they go off. Check out [Make a Plan](#) for more details.
- Create an emergency supply kit or make sure it is fully stocked. Check out [Build a Kit](#) for basic supplies needed and [Additional Emergency Supplies](#) for those that have additional needs to maintain their health, to communicate, to evacuate, and to maintain their safety.
- [Ready Kids](#) – ideas for talking to children and involving them in family disaster preparedness
- [Help Kids Cope](#) – mobile app with scripts and ideas to support children before, during, and after natural disasters

*Check out NCTSN social media on LinkedIn, Facebook, Instagram, and X for our new provider and parent/caregiver tips that can be pushed out to areas with low connectivity. New videos in English and Spanish will be published regularly.*

### Hurricane Response Resources

- [Parent Guidelines for Helping Children after a Hurricane \(En Español\)](#)
- [After the Hurricane: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event \(En Español: ASL\)](#)
- [Simple Activities for Children and Adolescents \(En Español\)](#)
- [Trinka and Sam: The Rainy Windy Day](#)—e-book for young children ([En Español](#))
- [College Students Coping After a Hurricane](#)
- [Teacher Guidelines Helping Students After a Hurricane](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Tips for Parents on Media Coverage of Traumatic Events](#)
- [Once I Was Very Very Scared \(En Español\)](#)—e-book for young children
- [After the Injury](#)—website for families with injured children
- [Health Care Toolbox](#)—website for pediatric health providers working with injured children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\)](#)—for responders
- [Here for Each Other: Family Guide \(from Sesame Street\)](#)

### Resources on Traumatic Grief

- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)

### Resources on Tornadoes

- [Parent Guidelines for Helping Children after a Tornado](#)
- [Tips for Parents on Media Coverage of the Tornado](#)
- [Questions to Ask Your Children About the Tornado](#)
- [After the Tornado: Helping Young Children Heal](#)
- [Teacher Guidelines for Helping Students after a Tornado](#)
- [Trinka and Sam and the Swirling Twirling Wind](#)—e-book for young children ([En Español](#))
- [Tornado Response for Kids: Right After a Tornado](#)
- [Tornado Response for Teens: Right After a Tornado](#)

### **Psychological First Aid**

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The [PFA Wallet Card](#) ([En Español](#)) provides a quick reminder of the core actions. The [PFA online training](#) ([En Español](#)) course is also available on the NCTSN Learning Center. PFA Handouts include:

- [Parent Tips for Helping Infants and Toddlers](#) ([En Español](#))
- [Parent Tips for Helping Preschoolers](#) ([En Español](#))
- [Parent Tips for Helping School-Age Children](#) ([En Español](#))
- [Parent Tips for Helping Adolescents](#) ([En Español](#))
- [Tips for Adults](#) ([En Español](#))

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](#) ([En Español](#)).

### **Mobile Apps**

- [FEMA App](#) –for you to receive real-time weather and emergency alerts, send notifications to loved ones, locate emergency shelters in your area, & get preparedness strategies
- [Bounce Back Now](#) ([En Español](#)) – for adults impacted by disasters
- [PFA Mobile](#) – for providers responding to impacted communities
- [SAMHSA Behavioral Health Disaster Response App](#) – for providers

*Additional Resources from our Partners:*

- [What To Do To Protect Yourself During Power Outages](#)
- [Reentering Your Flooded Home](#)
- [Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](#)
- [Safety, Recovery and Hope after Disaster: Helping Communities and Families Recovery](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)

### **Disaster Helpline**

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

### **Additional Resources**

For those that are needing technical assistance or additional resources, please don’t hesitate to contact Dr. Melissa Brymer at [mbrymer@mednet.ucla.edu](mailto:mbrymer@mednet.ucla.edu).