**LINKS**

**Children in Disasters**

[https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nimh.nih.gov%2Fhealth%2Ftopics%2Fcoping-with-traumatic-events&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229713615%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=tCqfn79dyP0Ep4MJoRBivqfNazkH1bsgTRdLOEspnFE%3D&reserved=0)

This one provides coping strategies and resources, as well as warning signs (above the "normal" response)

[https://www.cdc.gov/childrenindisasters/helping-children-cope.html](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fchildrenindisasters%2Fhelping-children-cope.html&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229713615%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Qw2pb67Y67IlaBDsIjk1uIpvmehn8I7H4R4C%2FXHPAjI%3D&reserved=0)

This one is specifically for children, and it breaks it down by age.  Within this one, you have this:

[https://www.cdc.gov/childrenindisasters/severe-weather-emergencies.html](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fchildrenindisasters%2Fsevere-weather-emergencies.html&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229713615%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SSsO3b4%2BehLXD0afTVW3ZwpvnsE6rnKHQpXrHy80lYc%3D&reserved=0)

It goes into severe weather, with floods specifically listed:

[https://www.cdc.gov/disasters/floods/index.html](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fdisasters%2Ffloods%2Findex.html&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229713615%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ASx12ZvBDlCxn1BVRwo52jxkIG1lLCI7NzOksuegWZM%3D&reserved=0)

All have resource links as well.

[https://www.samhsa.gov/dtac/disaster-response-template-toolkit/printed-materials](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samhsa.gov%2Fdtac%2Fdisaster-response-template-toolkit%2Fprinted-materials&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hSAZPvs5vY4IbH0Ig5RfSPRN5B7Z0zzYemaLKczBnUg%3D&reserved=0)

There are some printable resources on here (brochures, tips sheets, wallet cards) that can be customized as needed.

**Insurance**

The Division of Insurance is helping with insurance claims- <https://www.commerce.alaska.gov/web/ins/Home/fbclid/IwAR37vpl1MRW2lDnFuwJhixrM3MzBrjrLi2S3UVY1yGhBL147AvOq21PRF8A.aspx>

**Other Documents**

**Resources in Response to Hurricane Fiona and Typhoon Merbok**

In response to Hurricane Fiona and Typhoon Merbok, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. When supporting survivors, it is important to consider that some may be having additional difficulties coping due to the anniversary of previous storms. These resources include:

* [Parent Guidelines for Helping Children after a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_parent-2Dguidelines-2Dhelping-2Dchildren-2Dafter-2Dhurricane%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DsyrYBDrPpF1TWaMJKqE-ruLP5L7FKDWPnI2ixk7sxCQ%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NdMkuHVFjEllUdrkM%2BSHul5vIaJumD%2FOMm%2BuczJsfhI%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fguia-para-los-padres-para-ayudar-los-ninos-despues-de-un-huracan__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QLqoX2lF%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZrRpXDGs%2BqX6eTrwWF3u5a%2FHZs3CRKbqVVTtYBjoThc%3D&reserved=0))
* [After a Crisis: Helping Young Children Heal](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fafter-crisis-helping-young-children-heal&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=D5PKrV6jUgo3QcNxxsSBdpFIaxwbu9%2BRrnQjy5OVPu0%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fafter-crisis-helping-young-children-heal-sp&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HVAxn3hjVPd0c0%2BaW1hSMxbDM0CQzQJcR%2Bqwu8AT9YU%3D&reserved=0" \o "https://www.nctsn.org/resources/after-crisis-helping-young-children-heal-sp))
* [Age-Related Reactions to a Traumatic Event](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_age-2Drelated-2Dreactions-2Dtraumatic-2Devent%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DUf4BR4noPLVxLL5V8k0WOPi3H2sJBBH5fZYsExc9VR4%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kQgvd1qfN7yWCGeo5PHHDhoZzyEu2dnTeuhnxCI%2B%2Bok%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fage-related-reactions-traumatic-event-sp__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QPEa2kVp%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LbuOWwenj3q%2BiRSx21NU%2BL8nEfYUlXraRErVEHAmDY8%3D&reserved=0); [in Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fage-related-reactions-to-a-traumatic-event-ja&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2F2bXhW2V0iAZEiPeZeSgxlTvDrlUK%2FG6JNuLcn0OdVo%3D&reserved=0))
* [Simple Activities for Children and Adolescents](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fsimple-activities-children-and-adolescents__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QMQJc502%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Ff9bdk5HyAaHET26Y%2BtO3n1X%2FMD8z%2FgWMGLaINBm3yM%3D&reserved=0)
* [Trinka and Sam: The Rainy Windy Day](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_trinka-2Dand-2Dsam-2Drainy-2Dwindy-2Dday%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3Db90N0XRyttwllNyc5eFlo-vu_XoTUZJVESGbDdWzQ2Q%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3WirEIgURbyzXYTawwOKa3EIUJRs4JW7K5kuC6mfI%2B8%3D&reserved=0)—e-book for young children ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Ftrinka-y-juan-en-un-dia-de-mucho-viento-y-lluvia&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yOxN3gsxVYulaYBHKYXmWP6J3J%2FZvFmIPdgjF%2BN8st8%3D&reserved=0" \o "https://www.nctsn.org/resources/trinka-y-juan-en-un-dia-de-mucho-viento-y-lluvia))
* [College Students Coping After a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fcollege-students-coping-after-hurricane&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=1y%2FXJs208t8Okpy1EWs0hoCnZlh6hX5Vaypm4kdBvwI%3D&reserved=0)
* [Teacher Guidelines for Helping Students After a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fteacher-guidelines-helping-students-after-hurricane__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QNhluMvp%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FJRJmgW%2BisjO0y1718aHHaslmLMba%2BHiKZzErisswCA%3D&reserved=0)
* [Tips for Parents on Media Coverage of the Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Ftips-parents-media-coverage-hurricanes&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=F2FyCkgzdVYJG12jfHpcSRYi%2FS4JH7%2BBT%2FZ5Ieh7lm0%3D&reserved=0)
* [Cuando Pasa La Tormenta](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Fdrive%2Ffolders%2F1GbpL8vYsI1dCH1A36ssuh24OoGonz8yP&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110229869846%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6dq3P38GNbqmX2maTKM3Chm5QgRykFsikisuuX97V1I%3D&reserved=0) ([After the Storm](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpeople.miami.edu%2F_assets-profiles%2Facad-as%2Fpdf%2Fpsychology%2Fannette-lagreca-pdfs%2Fafter-the-storm.pdf&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=tgW8QRMZm8oQm8Vw4MvXN%2BymdimPNQxIWMMxnKVXWzM%3D&reserved=0) *-* guide for coping after hurricanes)
* [Here for Each Other: Helping Families After a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fsesamestreetincommunities.org%2Fwp-content%2Fuploads%2F2021%2F03%2FSupportAfterEmergency_Printable_Hurricane_FamilyGuide.pdf__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QGYBZwoe%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fqPDW%2BcSxElFKJRJ29yqhKP6NKL134Hwocn3ccsTvFA%3D&reserved=0) *(from Sesame Street)*
* [Pause-Reset-Nourish (PRN) to Promote Wellbeing](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fprn-to-promote-wellbeing-as-needed-to-care-for-your-wellness__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QJGm36As%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bRkfbUczLPGXnZDBbAY4h4Ceof0jvkLPPwxSGJ13O6Y%3D&reserved=0)—for responders ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fprn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GjOr%2F3PlzCxmG9CBzV%2Fdab0CrJj5wzMFAU7undRLtjk%3D&reserved=0" \o "https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp))
* [Tips for Families on Addressing Anniversaries](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fsites%2Fdefault%2Ffiles%2Fresources%2Ftip-sheet%2Ftips_for_families_addressing_anniversaries.pdf__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QDWB6iGI%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SPYk9ouiP5ledi3Iijs8k%2FeYWNVYIVZmrPtrZ1YAxoE%3D&reserved=0)

 **Psychological First Aid**

The NCTSN also has resources for responders on [Psychological First Aid](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fpsychological-first-aid-pfa-field-operations-guide-2nd-edition__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QElvIpC9%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=u%2BwCl4CYW71xpmzfe%2BTtrhEIKObksVoF%2FDcwUEVkoSQ%3D&reserved=0) (PFA; [En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fprimeros-auxilios-psicologicos-guia-de-operaciones-practicas-2da-edicion__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QA_9ujIM%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=80xr98PhsguPVVxVk%2FYwyqcKYxrdGgvGkudQS%2FMWKK0%3D&reserved=0); [in Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpsychological-first-aid-pfa-field-operations-guide-2nd-edition-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=8Kgeny723xjYcHP7cT0DjHgToDPMfnNeyHldROkuLj8%3D&reserved=0)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The [PFA Wallet Card](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fpsychological-first-aid-pfa-wallet-card__%3B!!F9wkZZsI-LA!UUCOeYsuTRTUCZ1x1rSOI6ItXMBBDEXVHzH4x2Jl9bWAPUK20TuEXQaw7o75Q4a9JERA%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=O9pWjY4mvWPRLCmSInJPyQgRC3bbHittQ3kNkU0%2FyJk%3D&reserved=0) ([En Español)](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fpsychological-first-aid-pfa-wallet-card-sp__%3B!!F9wkZZsI-LA!UUCOeYsuTRTUCZ1x1rSOI6ItXMBBDEXVHzH4x2Jl9bWAPUK20TuEXQaw7o75Q-KKyS2H%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wHsDbs%2BAZqZQzNjUc0hAfOfr%2BfYsOo2PccTaKVBIkTI%3D&reserved=0) provides a quick reminder of the core actions. The [PFA online training](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fpsychological-first-aid-pfa-online__%3B!!F9wkZZsI-LA!GXL6kdtOuRHes5NwuTB9pIwy_dXQAFJksvzSanZsL9J-BocS0Uf6hccdu-y4AXJnuov80q98QIMhwZDdjzfSlCEI7-0%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6Y7wJN74dVBxOAMc1UXgE6kNWJQWpgkZmbGNB4BnGWY%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-online-sp&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=eI9vBxBnCANWVFl4RTTvP71wU13Eg2xWAuxK6cTM1m4%3D&reserved=0" \o "https://www.nctsn.org/resources/pfa-online-sp)) course is also available on the NCTSN Learning Center. PFA Handouts include:

* [Parent Tips for Helping Infants and Toddlers](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dparent-2Dtips-2Dhelping-2Dinfants-2Dand-2Dtoddlers-2Dafter-2Ddisasters%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DJeT8mtmYKycFsZ3fDYHp2cbLYQWNOeg9EjZxis_u2WU%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uLbOYZ8ryWfE2aJHAUSd%2BsEFumxBG%2FtjOyV7CHUuFQE%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dconsejos-2Dpara-2Dpadres-2Dcomo-2Dayudar-2Dbebes-2Dy-2Dninos-2Dpequenos%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3D9M0hBJGoJPZaqWIb4DJF7FzTGDEwqPiYBGK-PUpJfwM%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=boeNim6hoiOUTCfjolsBFnFVqbYrwvwgV0NBK0JOhh8%3D&reserved=0); [In Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-parent-tips-helping-infants-and-toddlers-after-disasters-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230026252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KrGu5hqZd89b9foCs%2B7o9lil5uFE3nLbpSiNKiHVrE0%3D&reserved=0))
* [Parent Tips for Helping Preschoolers](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dparent-2Dtips-2Dhelping-2Dpreschool-2Dage-2Dchildren-2Dafter-2Ddisasters%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3D9m44NsOza3nfPaKg7dQH1yr7Wt7q15M-gBs0bDCXrU0%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=n%2Frv8B%2BZGk2q6ajDfjF4OciQUB%2F6QgzdrNaQGrYMTLI%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dconsejos-2Dpara-2Dpadres-2Dcomo-2Dayudar-2Dninos-2Dde-2Dedad-2Dpreescolar%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DtRV6QM0SqMb6MHlF3_6f-deZdK9R1GNG-o_Xcs0T3yU%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2HgJXj21dQ4F6YFkwmzIik6OfnrJsKw3vdjgoDXHe6o%3D&reserved=0); [In Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-parent-tips-helping-preschool-age-children-after-disasters-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gycQJrWLOoBP2ojjnZq4Q96C%2BbXMga4opCnkm6Ah6aU%3D&reserved=0))
* [Parent Tips for Helping School-Age Children](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dparent-2Dtips-2Dhelping-2Dschool-2Dage-2Dchildren-2Dafter-2Ddisasters%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DrDr3-VVx0jpAXgC2ckVxOIoxDv01flhqIfCGIqA0crA%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HCXWe3VLrFC6fvwMecVjETXLcySZL4BIjYKnHEhF894%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dconsejos-2Dpara-2Dpadres-2Dcomo-2Dayudar-2Dninos-2Dde-2Dedad-2Descolar%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DOsGdviNUIGFD_sAsfLf8VPAoqg4KR7xIR64gGwpvErw%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2Ms24BnHghR%2B9KMkW2wewx2kq7fwtiDGfCpE1k%2BHC8g%3D&reserved=0); [In Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-parent-tips-helping-school-age-children-after-disasters-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=iW5a8KD11Uo7VzYR6p4aosPRRaBaCS7OUTOkdTfRfm0%3D&reserved=0))
* [Parent Tips for Helping Adolescents](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dparent-2Dtips-2Dhelping-2Dadolescents%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DblaO_NYXuOIQQn3A3jzdKtsvIBduVx1n3x0unUR3Pgg%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=x2VwFul3LQ39uY0qpNgwQtxdiKaDh8z%2BYMuHBlvmozM%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dconsejos-2Dpara-2Dpadres-2Dcomo-2Dayudar-2Dadolescentes%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DfhRQQ8yfvxZ2TQXjkfJn_ruHTvHL_RHc3UcL9DYOuQQ%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0psj2%2BVx4jTpLoSkuFO7AyCXGBmVdzL57o5iA6d7ZmA%3D&reserved=0); [In Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-parent-tips-helping-adolescents-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=l7vZqh7F9j5C0znLxgJUG8%2Fj%2FL1lb%2F321%2BDlKHeKKlU%3D&reserved=0))
* [Tips for Adults](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dtips-2Dadults%26d%3DDwMFAg%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3D4EJJIQXN3G-cu2YrEEN3np1qViU81Dw3cLLIj6-JuCY%26s%3DRKwf9EXhqlkL2rjCk0igblywUwvlJQIHI7ve-KeJXAs%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=d8FaZqsDj4ZGZuJr7flSrCj8s9iYQmiBGs3xMvQ6vfk%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.nctsn.org_resources_pfa-2Dconsejos-2Dpara-2Dadultos%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3Dfsbx-mlulzziVSgIAy2rZpFxhHdwLNBqpuvCnPG1HSE%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W8VkQ8yWvBpjB%2BJuF9cNKEVhoM2MZWJMQVVmzijljas%3D&reserved=0); [In Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fpfa-tips-adults-japanese&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2WVEGrdp1dyWNd%2Bf6UW8%2FrHHs6c%2FVZEYZRqhCZn6sBk%3D&reserved=0))

 For community and mental health providers who plan to continue working with affected communities long-term, review [Skills for Psychological Recovery](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fskills-for-psychological-recovery__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QLC7OjWM%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qEeNHplQpLYrVRPPfP6B3ZNxmi6Kt8OhAbVaJgoWUls%3D&reserved=0) (SPR; [En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fskills-for-psychological-recovery-sp__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QA3Z7wzv%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230182294%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MKqjYB%2B8rIZUey%2B%2FAa4wIKgx%2F0Lx1%2Fzz9XqL8s9JKuE%3D&reserved=0); [in Japanese](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fhttps%253A%2Fwww.nctsn.org%2Fresources%2Fskills-for-psychological-recovery-ja&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=iJJSWXrTeQYpM5ly1OOOeYpNK9VyzApjcnOtsYeURNM%3D&reserved=0)) and take the [SPR Online course](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.nctsn.org%2Fresources%2Fskills-psychological-recovery-spr-online__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QBUukQCY%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KQiHkjrPynNXhjh6Ei9bPEFWFR0YsmpX8jFsDlHmRmk%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fskills-for-psychological-recovery-online-sp&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ykW98izylvfbk3c3vrq1U2hPCx0rlys2H9LGsG5N7Lc%3D&reserved=0" \o "https://www.nctsn.org/resources/skills-for-psychological-recovery-online-sp)).

  **Mobile Apps**

* [Help Kids Cope](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttp-3A__www.nctsn.org_content_help-2Dkids-2Dcope%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DhTezoYMTeM-BnbH0K61BJscgX8sIGdNPdRPyDp3wuWE%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=t6meEQ5ADlZFtDIkYo4xqTf4P4f3AOkT%2Bu34bj%2F009c%3D&reserved=0)
* [PFA Mobile](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttp-3A__www.nctsn.org_content_pfa-2Dmobile%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DN1nEXdCpq2srsmRA6Z4FyDPN6znLJPH4dHhyY9c1faU%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=utyYgLRC%2FaPVRNaVjSkIUcriHcyLkyL3Ov%2F%2BouOQ1oQ%3D&reserved=0)
* [SAMHSA Behavioral Health Disaster Response App](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.store.samhsa.gov_apps_disaster_%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3DlRPg8Hag8WohHtUSdmOGDDap_v-DxaSuksJ68fpNTLw%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Dxqq8dfLEXRJHiMpxngzE3ZtSAmPXRNEzNcGI59JBxQ%3D&reserved=0)
* [Bounce Back Now](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.com%2Fv3%2F__https%3A%2Fwww.bouncebacknow.org%2F__%3B!!F9wkZZsI-LA!V3I9CO9CNIG5NaLVSl3gO3qku9D3P-UzimFLfHcsWum6ICd--BwUTAWxb5T1QLEbt9-E%24&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kT6PKaSs0u243AjbLwptREAdbPH0GjSMUl4AGp1bc0Y%3D&reserved=0)

 *Available from the Center for the Study of Traumatic Stress at the Uniformed Services University:*

* [Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.cstsonline.org_assets_media_documents_CSTS-5FFS-5FSustaining-5FPsychological-5FWellbeing-5Fof-5FCaregivers-5FWhile-2520Caring-2520-2520for-2520Disaster-2520Victims.pdf%26d%3DDwMFAg%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3D4EJJIQXN3G-cu2YrEEN3np1qViU81Dw3cLLIj6-JuCY%26s%3DSk25wUBFlEaACs6NlwlayMbNFx6AINOdMKRVo5SSPZg%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=b2TqTc8fFAo0su2fzoQkDQHw%2FhdA%2FYAI0vkaXjZGuIE%3D&reserved=0)
* [Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.cstsonline.org_assets_media_documents_CSTS-5FFS-5FSafety-2C-2520Recovery-2520and-2520Hope-2520after-2520Disaster-2520Helping-2520Communities-2520and-2520Families-2520Recover.pdf%26d%3DDwMFAg%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3D4EJJIQXN3G-cu2YrEEN3np1qViU81Dw3cLLIj6-JuCY%26s%3DM4IZOZJIkDT9MYCbOs5MKO1EFT5edDXZEQSSBQ_90Rs%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aa5w7hIgzKh2F%2Bhguvj6qJpCm8Q%2BV7dtQdFrFs%2FupD4%3D&reserved=0)y
* [Leadership Communication: Anticipating and Responding to Stressful Events](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.cstsonline.org_assets_media_documents_CSTS-5FFS-5FLeadership-5FCommunication-5FAnticipating-5FResponding-5Fto-5FStressful-5FEvents.pdf%26d%3DDwMFAw%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3DhYyW4LMTMiR-uC9EEblTtEJIuxpHI35JAovF_xxNCOI%26s%3DiU2QwCYDJvmu43GwwvdqtxTfhgMP2aa5SeREdIIv1mU%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dVND87OqqNHxt3XkVGiztag6T50fy%2B9T21MLvDgqoYU%3D&reserved=0)

**Disaster Helpline**

SAMHSA has a [Disaster Distress Helpline](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttp-3A__www.samhsa.gov_find-2Dhelp_disaster-2Ddistress-2Dhelpline%26d%3DDwMF-g%26c%3DUXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y%26r%3DhzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q%26m%3Dr3X-U3oDlhcjycUkEIzGDD25135Rd943BQxmDyB6YDE%26s%3D3sF1UyI0cm1K-5ipHwWrYy5LnSmZfBOKWMFowxQjunY%26e%3D&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C992b47a215954ee9860608da9b5a7e93%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110230338487%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cVnLOCvzdi2x36rfe36rX272ufqLUIwgImH11NtKudk%3D&reserved=0) – 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.

**Mental Health**

Mental Health-<https://www.anthc.org/departments/behavioral-health-wellness-clinic/what-we-do/#department-content>

Alaska Native and American Indian individuals and families can access services three ways:

* Fill out an intake form online at: [www.anthc.org/bhwc](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.anthc.org%2Fbhwc&data=05%7C01%7Cmichelle.torres%40alaska.gov%7C7106700edc5b4fe2590808da9b5a887c%7C20030bf67ad942f7927359ea83fcfa38%7C0%7C0%7C637993110377512994%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FTFcI4wSuOrZYmfCN7FqV1%2FwggyyDUMSDUX3nx4dFEQ%3D&reserved=0)
* Call 1-833-642-BHWC (2492) or (907) 729-BHWC (2492)
* Talk to your provider about a referral

In addition to individual services, the BHWC offers a variety of group sessions to learn life skills to help individuals learn skills to cope with anxiety, depression, grief/loss, stress, trauma and substance use. In group counseling, a provider works with a group of individuals who are experiencing similar concerns. Group members discuss their experiences and learn skills to help address their concerns and symptoms. Group sessions are a great way to connect with and learn from others who understand what you are going through.