

State And National Helplines For Assistance

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline	1-800-985-5990
Florida Abuse Hotline	1-800-962-2873
National Suicide Prevention Lifeline	1-800-273-8255
National Human Trafficking Resource Center	1-888-373-7888 Text 233733
Florida Council Against Sexual Violence's Hotline	1-888-956-7273
Florida Coalition Against Domestic Violence Hotline	1-800-500-1119
SAMHSA National Helpline for Treatment and Referral	1-800-662-HELP (4357) or text TalkWithUs to 66746
2-1-1: Provides free and confidential information and referral for help with food, housing, employment, health care, counseling and more	Call 211

Helpful Links To Learn More About Coping With Disaster

Coping with Disaster	https://www.ready.gov/coping-with-disaster
SAMHSA Stories of Strength and Recovery after a Disaster	https://strengthafterdisaster.org/
Ready Kids	https://www.ready.gov/kids
Children in Disasters: Kids and Families	https://www.cdc.gov/childrenindisasters/
SAMHSA Behavioral Health Treatment Locator	https://findtreatment.samhsa.gov/

Intervention Resource Links For Those Working With Disaster Survivors

SAMHSA: Disaster Technical Assistance Center	https://www.samhsa.gov/dtac
National Child Traumatic Stress Network	https://nctsn.org/
Skills for Psychological Recovery (SPR)	https://www.ptsd.va.gov/professional/treat/type/SPR/SPR_Manual.pdf
Help Kids Cope- App for caregivers, teachers, and others working with children about disasters	https://www.nctsn.org/resources/help-kids-cope
Psychological First Aid	https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery
Skills for Psychological Recovery	https://www.nctsn.org/interventions/skills-psychological-recovery
Evidence-Based Mental Health Treatments: Trauma-Focused Cognitive Behavioral Therapy	https://www.nctsn.org/search?query=trauma+focused+cognitive+behavioral+therapy
Mental Health First Aid: National Council for Behavioral Health	https://www.mentalhealthfirstaid.org/2019/11/five-ways-to-support-someone-who-has-experienced-a-traumatic-event/