

Resources for Survivors and the Public

Our thoughts and hearts go out to the victims and their families in the aftermath of flooding from hurricane Irene. Below find materials to help deal with the stresses that come with disaster.

You can also contact the Mental Health Association in Ulster County, Inc. at 845-339-9090 or 845-336-4747.

[Survivor Handouts](#)

These handouts, from the Psychological First Aid manual, cover topics such as what to expect after a disaster, tips for adults, tips for parents dealing with children, and the importance of social supports.

See also:

[Self-Care After Disasters](#): Discusses ways to cope when you have been through a disaster.

[Disaster Mental Health Treatment](#): Learn about a variety of interventions that are used to help survivors and communities.

[The Effects of Disasters](#)

Stress reactions after a disaster are common. Learn about: What makes some people more [resilient or at risk of future mental health problems](#), [Media Coverage of Traumatic Events](#), and more.

[Common Reactions](#)

People experience a range of reactions following trauma including anger, nightmares, sleep problems, and more.

[Disaster Relief: Web Resource Links](#)

How to give or obtain help following a disaster. Includes links to the International Center for Disaster Information, the Red Cross, and more.

Other Resources

[National Child Traumatic Stress Network](#):* Center to improve access to care, treatment, and services for children and adolescents exposed to traumatic events.

[Dealing With Stress After a Natural Disaster](#)

[Helping Children Handle Disaster-Related Anxiety](#)

[Helping Children Cope with Loss](#)