

MENTAL HEALTH NEWSLETTER

June 2020

Issue of Focus

SAMHSA Resources Civil Unrest

SAMHSA Training Technology Centers (TTCs) as well as the SAMSHA Disaster Technical Assistance Center (DTAC) have developed the following list of materials includes those focused on general mental health and substance use-related needs after an incident of violence and civil unrest, as well as separate sections with resources for faith-based communities and spiritual leaders; children, youth, parents and other caregivers, and schools; and disaster responders.

General Disaster Response and Recovery Information

[Coping With Grief After Community Violence](#)

[Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#)

[Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress—SPANISH](#)

[Coping with a Disaster or Traumatic Event—SPANISH](#)

Resources for Faith-based Communities and Spiritual Leaders

[Faith Communities and Disaster Mental Health](#)

[Tips & Lessons—Disaster Response: The Sunday After a Disaster](#)

[Vulnerable Populations & Disaster](#)

Coronavirus (COVID-19) Resource Page

Ohio Latino Affairs Commission

SHARE



Share with us

[Upcoming Events in Your Region!](#)

Resources for Children, Youth, Parents and Other Caregivers, and Schools

[Understanding Child Trauma](#)

[Age-related Reactions to a Traumatic Event](#)

[Community Violence: Reactions and Actions in Dangerous Times](#)

[Helping Youth After Community Trauma: Tips for Educators](#)

Resources for Disaster Responders

[Psychological First Aid for First Responders: Tips for Emergency and Disaster Response](#)

[Tips for Disaster Responders: Preventing and Managing Stress—SPANISH](#)

[Tips for Disaster Responders: Understanding Compassion Fatigue—SPANISH](#)

[Traumatic Incident Stress: Information for Emergency Response Workers](#)

Additional Resource for Acute Needs

National Suicide Prevention Lifeline—Funded by the Substance Abuse and Mental Health Services Administration, the National Suicide Prevention Lifeline is a source of support available 24/7 to people in crisis, including challenging reactions to disasters. Call 1-800-273-TALK (1-800-273-8255), or, for support in Spanish, call 1-888-628-9454.

<https://suicidepreventionlifeline.org/>

SAMHSA Disaster App

The SAMHSA Disaster App allows disaster behavioral health responders to navigate resources related to pre-deployment preparation, on-the-ground assistance, and post-deployment resources. Users can also share resources from the app via text message or email and quickly identify local mental health and substance use disorder treatment services.

<https://store.samhsa.gov/product/samhsa-disaster>

SAMHSA Disaster Distress Helpline

A traumatic event such as this is unexpected and often brings out strong emotions. People can call the SAMHSA Disaster Distress Helpline's toll-free number (**1-800-985-5990**) and receive immediate counseling. This free, confidential, and multilingual crisis support service is also available via SMS (text **TalkWithUs to 66746**) to anyone experiencing psychological distress as a result of this event. People who call and text are connected to trained and caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.

Copyright © 2020 Ohio Latino Affairs Commission, All rights reserved.
You are receiving this email in response to your expressed interest on mental and behavioral health matters in the Latino community.

Our mailing address is:
77 South High St. Columbus, OH 43230

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).