

## Disaster Mental Health Links and Information

### **UF mental health services and resources:**

UF Mental Health Helpline for UF faculty and staff, call **(352) 627-0032** between 8 a.m. and 5 p.m., Monday through Friday: <https://welcome.hr.ufl.edu/news/new-mental-health-helpline-devoted-exclusively-to-uf-faculty-and-staff/>

UF Employee Assistance Program: <https://eap.ufl.edu>

UF Employee Assistance Additional Resources list: <https://eap.ufl.edu/resources/>

NOTE: UF offers free one year subscription to the Calm app, info here:

<https://worklife.hr.ufl.edu/get-support/noom-and-calm/>

Disaster mental health training from PIE Center: <https://e-learning.ag/courses/disasters-mental-health/>

### **Information on mental health and disaster that can be shared with employees and clientele:**

Disaster mental health information and resources from the CDC:

<https://emergency.cdc.gov/coping/index.asp>

<https://emergency.cdc.gov/coping/selfcare.asp>

SAMHSA information on disaster distress and recovery:

<https://www.samhsa.gov/disaster-preparedness>

SAMHSA information on children and families coping with disaster:

<https://www.samhsa.gov/dtac/disaster-survivors/children-and-disaster>

Tips for talking with children: <https://store.samhsa.gov/product/tips-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732>

Caring for children after disaster: <https://www.cdc.gov/childrenindisasters/index.html>

Here are some tips from the APA:

Mental health before the disaster: <https://www.apa.org/topics/disasters-response/hurricane-preparation>

Mental health after the disaster: <https://www.apa.org/topics/disasters-response/hurricane-stress>

EDIS document on the effects of the media on disaster coping:

<https://edis.ifas.ufl.edu/publication/FY1499>

Article on free mindfulness apps: <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

**Curricula and Guidebooks that provide great handouts and information:**

Information on Psychological First Aid for people helping out during a disaster, that has great handouts on how to work with people and tips for families: <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>

Also, Triumph Over Tragedy, which was UF developed and also has handouts:  
<https://phhp-chp.sites.medinfo.ufl.edu/files/2016/07/TriumphOverTragedy.pdf>

**Important numbers and hotlines:**

1. Disaster distress hotline, call or text:

[1-800-985-5990](tel:1-800-985-5990)

[DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)

**Español:**

Llama o envía un mensaje de texto 1-800-985-5990 presiona “2”

**For Deaf and Hard of Hearing ASL Callers:**

To connect directly to an agent in American Sign Language, call  
[1-800-985-5990](tel:1-800-985-5990) from your videophone. ASL Support is available 24/7

2. Lifelines:

[988 Suicide & Crisis Lifeline](https://988lifeline.org)

Call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org).

[SAMHSA's National Helpline](https://www.samhsa.gov/1-800-662-HELP)

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

Text your zip code to: [435748](tel:435748) (HELP4U)

[Veterans Crisis Line](https://www.veteranscrisisline.net)

Dial [988](tel:988) then press 1

Text: [838255](tel:838255)

[Farm Aid Hotline](https://www.farmaid.org)

800-FARM-AID (327-6243)

Monday-Friday 9:00 a.m. - 5:00 p.m. Eastern

3. Treatment locators:

SAMHSA behavioral health treatment locator: <https://findtreatment.samhsa.gov/>