

Resources and Helplines

SAMHSA Disaster Distress Helpline: 1-800-985-5990

National Domestic Violence Helpline: 1-800-799-7233 or <https://www.thehotline.org/>

Resources related to Psychological First Aid

- [National Center for PTSD Psychological First Aid guide](#)
- [SAMHSA Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers](#)
- [National Child Traumatic Stress Network Psychological First Aid](#)