

Recommended Resources for Mental and Emotional Health and Trauma Care

Disaster Distress Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746
1-800-985-5990 y oprime "2" o envíe un texto con el mensaje "HABLANOS" al 66746
Puerto Rico, envíe un texto con el mensaje "Hablanos" to 1-787-339-2663

Mental Wellness in Crisis Video, Central Christian Church of Danbury "Wandering Conversations: Rev. Angela Whitenhill-Shields:" <https://www.facebook.com/centralchristiandanbury/videos/541871983131327/>

DOCTALKS8 April 20 2020, hosted by Rev. Bill Spangler-Dunning, "Mental Health in COVID-19 times, with National Benevolent Association:" <https://youtu.be/xgX6QiExJ7M>

"Soul Care: Taking Pause in Crisis" Video series for prayer and self-care from NBA:
<https://www.youtube.com/watch?v=nR1jhBNh-5Y&list=PLhqxExLcE6O11DcTz2FjYTpDAqWqSP-k6>

Levin, Patti. "Common Responses to Trauma -- and Coping Strategies" Trauma Center Resources,
http://www.traumacenter.org/resources/pdf_files/Common_responses.pdf

"Relaxation Exercises" Trauma Center Resources,
http://www.traumacenter.org/resources/pdf_files/Relaxation_Exercises.pdf

"Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks" SAMHSA Resources,
https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006?referer=from_search_result

"How to Cope with Sheltering in Place" SAMHSA Resources https://store.samhsa.gov/product/How-To-Cope-With-Sheltering-in-Place/SMA14-4893?referer=from_search_result (English) and
https://store.samhsa.gov/product/How-To-Cope-With-Sheltering-in-Place-Spanish-/SMA14-4893SPANISH?referer=from_search_result (Spanish)

Wolfelt, Alan. *Healing Your Grief When Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster.*

NVOAD. *Light Our Way: A Guide for Spiritual Care in Times of Disaster for Disaster Response Volunteers, First Responders and Disaster Planners (2018).* <https://www.nvoad.org/mdocs-posts/light-our-way-2018/>

Healing the Healers (online video resources and blog) <https://healingthehealers.org/>

Black Emotional and Mental Health Collective:
https://www.beam.community/events?fbclid=IwAR0vsKoKbFONTwx_7ldlpzGaZVkmup3N7mogHzof-y8UXBhPmtz11b5pmbc

"Navigating Community Trauma in Faith," webinar townhall from Odyssey Impact and Macedonia Ministries.
<https://vimeo.com/408218020>



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6-Part video series on Stress Management from Utah State University's Counseling and Psychological Services (not disaster-specific, but some helpful basic information)
<https://www.youtube.com/watch?v=qVGpKPEPme0&feature=youtu.be>

"Psychological First Aid: Addressing Mental Health Distress During Disasters" CDC Webinar
https://emergency.cdc.gov/epic/learn/2020/webinar_20200422.asp?deliveryName=USCDC_964-DM26310

From WellFed Spirit, curated by DHM, resources on spiritual retreat and healthy processes of grief:
<http://www.wellfedspirit.org/welcome/spiritual-practices/retreat->
<http://www.wellfedspirit.org/welcome/spiritual-practices/grief/index.html>



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