

[Home](#)[Programs](#)[Mental Health Topics](#)[Newsroom](#)[Publications](#)[Resources](#)

SEARCH

IN THIS SECTION

Mental Health Topics:

CALL CENTER

Our Call Center is staffed with trained Information Specialists who respond to inquiries about mental health issues. We are available weekdays from **8:30 a.m.** to **12:00 a.m.** Eastern time.

(800) 789-2647 (toll-free)
(866) 889-2647 (tdd)

PAGE OPTIONS

- printer friendly page
- e-mail this page
- bookmark this page
- shopping cart
- current or new account

Mental Health Topics

Disaster/Trauma

The emotional impact of traumatic events can have devastating effects on the mental well-being of individuals of all ages. For many, it is easy to focus all energies on helping other people or on maintaining daily schedules and routines. Although these efforts deserve attention, it is important to remember to take care of yourself and to monitor your own emotions during difficult times.

- [Emergency Mental Health and Traumatic Stress Services](#)
- [On-line Publications](#)
- [Events](#)
- [Related Links](#)
- [Resources](#)
- **Special Section:**
- [Managing Anxiety](#)
- [Coping With Traumatic Events](#)
- [Fundamentals of Disaster Planning and Response](#)
- [Disaster Relief Information](#)
- [National Center for Trauma-Informed Care](#)

Additional Mental Health Topics

[Home](#) | [Contact Us](#) | [About Us](#) | [Awards](#) | [Accessibility](#) | [Privacy and Disclaimer Statement](#) | [Site Map](#)