



SAMHSA'S

National Mental Health Information Center

Center for Mental Health

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Emergency Mental Health and Traumatic Stress

Most people who are coping with the aftermath of a disaster have normal reactions as they struggle with the disruption and loss caused by the disaster. They do not see themselves as needing mental health services and are reluctant to request them. Community outreach may be necessary to seek out and connect individuals who may be affected by a disaster to mental health services.

Through an interagency agreement with the Federal Emergency Management Agency (FEMA), CMHS staff helps to ensure that victims of Presidential disasters received immediate, short-term crisis counseling, as well as ongoing support for emotional recovery. CMHS collaborates with FEMA to train mental health staff to develop crisis counseling training and preparedness plans in their States.

Related Resources:

- [Hurricane Katrina and Disaster Relief Information](#)
- [Managing Anxiety](#)
- [Coping With Traumatic Events](#)
- [SAMHSA Disaster Technical Assistance Center \(DTAC\)](#)