

Dear Family Leaders,

Our hearts go out to the families affected by Hurricane Harvey in Texas and Louisiana and Hurricane Irma that devastated Puerto Rico, Virgin Islands, Florida, and parts of Georgia and Alabama. It will take a long time to repair homes, offices and infrastructure. These repairs are easily visible and one can observe progress over time. Less evident, however, is the emotional impact of these disasters on children and families. FREDLA has also compiled a list of resources for families on talking with children about disaster.

We have reached out to the family-run organizations in these areas to let them know our network of family-run organizations is holding their staff and families in our thoughts and prayers throughout the recovery process. We have asked if there are ways in which our network can assist the families in affected areas. If so, we will reach out and know that you will respond, as family-run organizations always do!

Jane Walker  
FREDLA

## HELPLINE

Call the [Disaster Distress Helpline](#) at **1-800-985-5990** or text **TalkWithUs to 66746** for support and counseling. The Disaster Distress Helpline is a national hotline that provides 24/7, year-round crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Spanish-speakers should text **Hablanos to 66746**. English speakers in U.S. territories text **TalkWithUs to 1-212-461-4635**. Calls and texts are answered by trained, caring counselors from crisis call centers located throughout the United States.

Disaster Distress Helpline Brochure

<https://store.samhsa.gov/shin/content//PEP12-DDHBRO/PEP12-DDHBRO.pdf>

## RESOURCES

- Tips for Talking to Children and Youth After Traumatic Events: A Guide for Parents and Educators  
<https://www.samhsa.gov/sites/default/files/tips-talking-to-children-after-traumatic-event.pdf>
- Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers  
<https://store.samhsa.gov/shin/content/SMA11-DISASTER/SMA11-DISASTER-09.pdf>
- Understanding Child Trauma  
[https://www.samhsa.gov/sites/default/files/programs\\_campaigns/nctsi/nctsi-infographic-hope.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/nctsi/nctsi-infographic-hope.pdf)
- Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress  
<https://store.samhsa.gov/shin/content/SMA13-4776/SMA13-4776.pdf>

- It's Important To Recognize The Signs of Traumatic Stress and Its Short- And Long-Term Impact. [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/nctsi/nctsi-infographic-signs.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/nctsi/nctsi-infographic-signs.pdf)
- Tips for Survivors of a Traumatic Event <https://store.samhsa.gov/shin/content/NMH02-0139/NMH02-0139.pdf>
- Tips for Survivors of a Disaster or Traumatic Event: What to Expect In Your Personal, Family, Work, and Financial Life <https://store.samhsa.gov/shin/content/SMA13-4775/SMA13-4775.pdf>
- Parent Tips for Helping Adolescents After a Disaster [http://www.nctsn.org/sites/default/files/pfa/english/appendix\\_e7\\_tips\\_for\\_parents\\_with\\_adolescents.pdf](http://www.nctsn.org/sites/default/files/pfa/english/appendix_e7_tips_for_parents_with_adolescents.pdf)
- Parent Tips for Helping Preschool-Age Children after Disasters [http://www.nctsn.org/sites/default/files/assets/pdfs/appendix\\_tips\\_for\\_parents\\_with\\_preschool\\_children.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/appendix_tips_for_parents_with_preschool_children.pdf)
- Responding to Stressful Events [http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/helping-child-cope\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/helping-child-cope_e.pdf)
- Helping Children and Adolescents Cope with Violence and Disasters: For Parents of Children Exposed to Violence or Disaster [https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/helping-children-cope-parents\\_146810.pdf](https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/helping-children-cope-parents_146810.pdf)
- Disaster Distress Helpline Brochure <https://store.samhsa.gov/shin/content/PEP12-DDHBRO/PEP12-DDHBRO.pdf>
- What You Should Know About Hurricanes: Impact on Children and Families <http://www.nctsn.org/trauma-types/natural-disasters/hurricanes>
- Hurricane Opens Trauma Wounds <https://dartcenter.org/content/hurricane-opens-trauma-wounds>