

Resources for Helping Cope with Recent Natural Disasters

The recent tragic flooding in Central Texas and Ruidoso area have been devastating and likely hit close to home for many in our Lubbock Area. Here is a compiled list of resources that may be beneficial for you or your loved ones.

- [After a Crisis: Helping Young Children Heal](#) ([En Español](#))
- [Age-Related Reactions to a Traumatic Event](#) ([En Español](#); [ASL](#))
- [Simple Activities for Children and Adolescents](#) ([En Español](#))
- [Once I Was Very Very Scared](#) ([En Español](#)) – children's book
- [Talking to Children: When Scary Things Happen](#) ([En Español](#))
- [Creating Supportive Environments When Scary Things Happen](#) ([En Español](#))
- [Helping Youth after Community Trauma: Tips for Educators](#) ([En Español](#))
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#) ([En Español](#))
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#) ([En Español](#))
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#) ([En Español](#))
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#) ([En Español](#)) (*for responders*)
- [Parent Tips for Helping Infants and Toddlers](#) ([En Español](#))
- [Parent Tips for Helping Preschoolers](#) ([En Español](#))
- [Parent Tips for Helping School-Age Children](#) ([En Español](#))
- [Parent Tips for Helping Adolescents](#) ([En Español](#))
- [Tips for Adults](#) ([En Español](#))

Mobile Apps

- [Help Kids Cope](#)
- [SAMHSA Behavioral Health Disaster Response App](#)
- [Bounce Back Now](#) ([En Español](#))

Other Resources

- [Clean Up Safely After a Disaster](#) ([En Español](#))
- [Reentering Your Flooded Home](#) ([En Español](#))

Disaster Helpline

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a SAMHSA-affiliated trained counselor 24/7/365.