

BEHAVIORAL HEALTH

Resources for children, adolescents, and adults

This tipsheet offers a list of resources offering help for people recovering from Hurricane Helene. These mental and behavioral health resources are provided through the NC Division of Mental Health and the US Department of Health and Human Services.

HOTLINES

Hope4NC: 1-855-587-3463

Free and confidential assistance for people in western North Carolina (WNC) recovering from Hurricane Helene and experiencing stress, emotional fatigue, or a mental health crisis, or just need someone to talk with. <https://bit.ly/hope-4-nc>

Disaster Distress Helpline: 1-800-985-5990

National hotline dedicated to providing year-round, toll-free, multilingual disaster crisis counseling 24/7. <https://bit.ly/disaster-distress-help>

Disability Disaster Helpline: 1-800-626-4959

Access to information, referrals, guidance, technical assistance and resources for people with disabilities, families, allies, and organizations assisting disabled disaster survivors and others seeking assistance with immediate and urgent disaster-related needs. <https://disasterstrategies.org/hotline/>

Suicide and Crisis Lifeline: 988

Offering emotional support for anyone facing mental health struggles, emotional distress, or alcohol or drug use concerns or just needing someone to talk to. <https://988lifeline.org/>

Peer Warmline: 1-855-PEERS-NC (855-733-7762)

Free, private phone number providing 24/7 access to peer support specialists who have personal experience with mental health or substance use disorders. <https://bit.ly/peer-warmline>

COPING SKILLS — BREATHING & MINDFULNESS

Rapid Resets — English

Tools to help a person calm down quickly during times of stress. Tools can be used alone or with someone else when life gets tough. <https://bit.ly/rapid-reset-english>

Restablecimientos Rápidos — Spanish

Los Restablecimientos Rápidos nos ayudan a calmarnos rápidamente durante momentos de estrés. Se pueden usar solos o con otra persona cuando la vida se pone difícil. <https://bit.ly/rapid-reset-spanish>

Breathe2Relax

Free Defense Health Agency (DHA) app is a portable stress management tool providing information on the effects of stress on the body and practice exercises to learn diaphragmatic breathing as a key stress management skill. <https://bit.ly/breathe-app>

Tactical Breather

Free app developed by DHA for learning and practicing breathing exercises to support coping in times of stress. <https://bit.ly/tactical-breather>

Mindfulness Coach

Free app developed by the VA National Center for PTSD to help anyone experiencing emotional distress to learn and maintain healthy coping skills such as mindfulness tools. <https://bit.ly/mindful-coach-app>

UCLA Mindful App

Free app by UCLA Health offers meditations, videos and skills to improve wellness. <https://bit.ly/UCLA-mindful-app>

SPECIFICALLY FOR DISASTER SURVIVORS/RESPONDERS

Weathering The Storm Website

Information on disaster recovery safety, Medicaid flexibilities, mental health, and disability-related resources. <https://bit.ly/weathering-storm-nc>

I/DD Hurricane Helene Resource

A story workbook for people with intellectual or developmental disabilities (I/DD) and their care partners. Care partners can use this book to help explain hurricanes to people with I/DD. <https://bit.ly/hurricane-storybook>

Resources for Resilience:

Weekly listening circles for WNC residents affected by Hurricane Helene, along with weekly trainings for first responders, healthcare workers, volunteers, and others who are looking for tools to support their friends, neighbors, and loved ones during this difficult time. <https://resourcesforresilience.com/>

"Side by Side" Webinars

Webinars hosted by the Division of Mental Health, Developmental Disabilities, and Substance Use Services to engage with the community and stakeholders about community-based resources and to better understand and improve our system. <https://bit.ly/side-by-side-zoom>

Mental Health Flyers

Shareable resources developed by the North Carolina Department of Health and Human Services to connect communities with support for needs related to mental health and substance use, opioid treatment, and medication access. (Also available in [Spanish](#).) <https://www.ncdhhs.gov/mental-health/open>
<https://bit.ly/salud-mental-nc>

FEMA app

Free app that provides preparedness tools, real-time weather alerts, and information about emergency shelters, Disaster Recovery Centers, eligibility for FEMA assistance, disaster resources, and more. <https://bit.ly/app-fema>

Help Kids Cope

Free National Child Traumatic Stress Network (NCTSN) app that aims to help parents/caregivers talk with their children about natural disasters and learn how to support them. <https://bit.ly/help-kids-resource>

SAMHSA Behavioral Health Disaster Response App

Free Substance Abuse and Mental Health Services Administration (SAMHSA) tool to help disaster responders provide mental health, substance use information, tools, and resources for use in the field. <https://bit.ly/SAMHSA-app>

PFA Mobile

Free Psychological First Aid (PFA) app provided by NCTSN to help responders with providing PFA in disaster-affected communities. The app identifies the eight core PFA actions, helps responders use interventions appropriate for specific survivor reactions, and expedites assessment and referral of survivors. <https://bit.ly/pfa-mobile>

Transcend

Free app developed by the National Mass Violence Center to aid recovery from the psychological and behavioral responses that can occur following direct or indirect exposure to mass violence or other highly stressful traumatic events such as weather disasters. It provides information about common reactions, guides the user through self-help strategies and connects with resources. <https://bit.ly/transcend-resource>

Bounce Back Now

Bounce Back Now (BBN) is a free app designed to improve the emotional health of adults and families affected by a disaster, such as a hurricane, tornado, flood, earthquake, or mass violence incident. <https://www.bouncebacknow.org/>



RESOURCES FOR TEENS/ADOLESCENTS

Resources Focused on Disasters/Traumatic Events

[🔗 Disaster Mind](https://bit.ly/disaster-game) – This FEMA resource is a web-based game that teaches high school students about disaster preparedness. <https://bit.ly/disaster-game>

[🔗 Childhood Traumatic Grief: Youth Information Sheet](https://bit.ly/grief-info-sheet) – This fact sheet by NCTSN speaks directly to adolescents with information about emotions, thoughts, and behaviors a young person may experience when grieving the death of a loved one because of a traumatic event. <https://bit.ly/grief-info-sheet>

[🔗 Coping in Hard Times: Fact Sheet for Youth High School and College Age](https://bit.ly/cope-with-trauma) – This NCTSN resource helps young adults understand how economic difficulties may impact them and how to cope in uncertain times. <https://bit.ly/cope-with-trauma>

[🔗 Finding a New Normal: Life After a Disaster Video Series for Youth](https://bit.ly/life-after-disaster) – This CDC resource follows four teens as they share their stories. Though the focus is on natural disasters, the experiences shared correlate with other types of community traumatic events. <https://bit.ly/life-after-disaster>

[🔗 Helping Children and Adolescents Cope with Traumatic Events](https://bit.ly/cope-with-trauma) – This National Institute of Mental Health (NIMH) fact sheet provides information on how children and teens respond to traumatic events and what family, friends, and trusted adults can do to help. Though caregivers/adults, are the focus, teens may benefit from reviewing this fact sheet as well. (Also available in [Spanish](#).) <https://bit.ly/cope-with-trauma>

[🔗 Ready.gov/kids/teens](https://www.ready.gov/kids/teens) – This webpage offers young people information about preparedness, developing and leading preparedness programs, joining teen response teams, and other ways to make a difference. <https://www.ready.gov/kids/teens>

[🔗 Talk. They Hear You. Campaign Mobile App](https://bit.ly/talk-they-hear-you) – SAMHSA's "Talk. They Hear You." campaign mobile app helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. It shows parents how to turn everyday situations into opportunities to talk with their children about alcohol and other drugs, and equips them with the necessary skills, confidence, and knowledge to start and continue these conversations as their kids get older. <https://bit.ly/talk-they-hear-you>

MENTAL HEALTH APP SEARCH ENGINE & REVIEW

Peer Support

[🔗 Connections App](https://bit.ly/connections-app-nc)

Free, trained peer support for adults in experiencing or in recovery from a substance use disorder. <https://bit.ly/connections-app-nc>

[🔗 Somethings App](https://bit.ly/somethings-app)

Free, trained peer support for youth mental health. <https://bit.ly/somethings-app>

[🔗 VA Mobile](https://mobile.va.gov/)

VA Mobile develops technologies to expand care for veterans beyond the traditional office visit. VA Mobile develops apps designed for both veterans and VA care teams. These apps expand veterans' access to care, facilitate coordination and communication between veterans and their VA care teams, and improve the VA care experience. <https://mobile.va.gov/>

[🔗 UCSF.EDU](https://bit.ly/wellness-mental-health)

Some select high-quality apps are available free to the general public through the University of California, San Francisco. <https://bit.ly/wellness-mental-health>

[🔗 Mind App](https://mindapps.org/)

Database designed to equip users with the information necessary for making a decision based on the app characteristics that matter most to them. <https://mindapps.org/>

[🔗 Digital Psych](http://digitalpsych.org/)

With regular reviews of app store marketplaces and studies of ongoing efforts to regulate, evaluate, and rate mental health apps, this team has collaborated with the American Psychiatric Association (APA) to build an App Evaluation Model and a database to help users choose. <http://digitalpsych.org/>

PTSD/TRAUMA/GRIEF

Apart of Me

This free app developed by a UK charity by the same name is designed for bereaved children and youth. It guides youth through their darkest moments in an imaginary world aiming to transform grief into compassion, creativity, and community. <https://www.apartofme.org/>

PTSD Coach

Free app developed by the VA National Center for PTSD to help people learn about and manage symptoms which can occur after trauma. Provides reliable information and research-based self-help skills. <https://bit.ly/PTSD-coach-app>

PTSD Family Coach

Free app developed by the VA National Center for PTSD, similar to PTSD Coach, aims to support concerned family members of those living with PTSD. Provides information, tips, tools, and self-care strategies. <https://bit.ly/PTSD-family-coach>

Safety Plan

Free app developed by the VA National Center for PTSD to help anyone who has experienced thoughts about suicide or self-harm to make a safety plan, share it with loved ones and use tools to manage distress. <https://bit.ly/safety-plan-app>

SLEEP


Doze: Goodnight Mind for Teens


This free app was co-designed by youth for youth in partnership with Ryerson University in Toronto, Canada. The app offers strategies for improving sleep. <https://www.dozeapp.ca/>

Insomnia Coach

Free app designed by the VA National Center for PTSD to help manage insomnia. Includes guided weekly training and tools to help track and improve sleep. <https://bit.ly/insomnia-coach>

RESOURCES FOR TEACHERS

 **Teacher's Guide for Helping Students After a Disaster** – In this fact sheet, the Center for the Study of Traumatic Stress (CSTS) offers teachers and educators a way to respond to and support students impacted by a disaster. (Also available in [Spanish](#).) <https://bit.ly/helping-students-after-disaster>

 **Helping Youth After Community Trauma: Tips for Educators** – This NCTSN tip sheet describes common feelings and symptoms that students may experience following a disaster and offers strategies that educators can use to respond and provide support. (Also available in [Spanish](#), [Hebrew](#), and [Mandarin](#).) <https://bit.ly/youth-community-trauma>

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WNC Recovery
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