



PREPARING FOR THE UNTHINKABLE: MENTAL HEALTH PROVIDER ROLES IN DISASTER RECOVERY

May 19, 2018

RESOURCES

Disaster Related Websites

- ▶ ARE YOU READY? at www.ready.gov/are-you-ready-guide or www.ready.gov
- ▶ For more info about CERT San Diego, go to www.sandiegocounty.gov/oes/community/oes_jl_CERT.html
- ▶ FEMA www.fema.gov
- ▶ Red Cross www.redcross.org
- ▶ Give An Hour <https://giveanhour.org>
- ▶ San Diego County Office of Emergency Services <https://sandiegocounty.gov/oes>
- ▶ SD County Medical Reserve Corps: <https://mrc.hhs.gov/HomePage>
- ▶ National Child Traumatic Stress Network: <https://www.nctsn.org/>
- ▶ American Psychological Association Disaster Resource Network and Help Center websites: <http://www.apa.org/practice/programs/drn/index.aspx> and <http://www.apa.org/helpcenter/disaster/index.aspx>

Disaster Info Apps

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| ▶ Red Cross Shelter View | Displays current available shelter information from the national shelter system, updated every 30 mins. |
| ▶ Red Cross suite of apps | Preparedness apps including first aid, blood donation, natural disasters, Red Cross abroad |
| ▶ FEMA | Safety tools and tips for prep and post disaster, weather alerts, open shelter info; location of FEMA reps |
| ▶ Disaster Alert | Worldwide hazard info, mostly natural disasters |
| ▶ CDC | Public health info and updates |
| ▶ Global emergency overview | Weekly update of current humanitarian priorities and events from a variety of sources for humanitarian decision-makers |

Driving/Road Assistance

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| ▶ Gas Buddy | Locate nearest gas stations and best gas prices |
| ▶ Waze | GPS tracking of traffic and road conditions based on driver reports in real time |

Disaster Communication Apps

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| ▶ ICE Standard | Displays emergency health info on phone lock screen so EMTs can access it quickly; Smart 911 feature |
| ▶ Facebook Safety Check | Crisis Response reports info about recent crises; use safety check to connect with loved ones, give and find help |
| ▶ Elerts See Say | See something, say something app for reporting security concerns in a wide variety of settings |
| ▶ Guardly | Sends location based emergency alerts to your safety group in one tap |
| ▶ Siren GPS | One touch 1 st responder panic button connects immediately to 911; identifies you and your location in real time; community leaders also can notify you of a potential hazard in your area |
| ▶ ReUnite | Post disaster reunification app; report and search for missing or found person info |
| ▶ Life360 | Family locator; GPS tracker of your loved ones, create own groups/circle members, track lost phones |
| ▶ TriagePic | Tracking tool to find loved ones during a disaster as they arrive at hospitals; utilized by hospital staff to form database. HIPAA allows for broader dissemination of health info to disaster relief organizations |
| ▶ Zello | Communication app allowing walkie-talkie functionality |
| ▶ Snapchat | Use of Snap Map to convey instant video images of real time events |
| ▶ Nextdoor | Neighborhood/community communication tool in posting format |

Psychological First Aid Apps

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| ▶ Virtual Hope Box | Customizable coping tool |
| ▶ Stress Less Cards | Stress relieving exercises (50) |
| ▶ Breathe 2 Relax | Slow, abdominal breathing guidance |
| ▶ Insight Timer | Meditation resource |
| ▶ National Child Traumatic Stress Network | Psych First Aid-- PFA Mobile |