

Disaster Mental Health Services

Responding to the Emotional Care Needs of Those Affected by Disasters



After a disaster, no matter the size, many people find themselves feeling confused, sad, angry, and/or frightened. Many people ask, “Why did this happen to me (or my family)?” or “What will happen next?” or “How can I start over?”

Disaster Mental Health (DMH) volunteers can provide:

- Emotional support (on the individual, family and community levels)
- Crisis intervention
- Assessment of needs
- Help in coping in the face of stress, loss, and grief
- Referral to other support services

Additional assistance can be provided (even after some time has passed), if you notice:

- Crying spells or bursts of anger
- Problems concentrating
- Feeling easily startled
- Loss of interest in daily activities
- Changes in eating and sleeping habits
- Increased physical symptoms such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoidance of family and friends
- Changes in work performance or school performance or attendance

DMH volunteers:

- Are licensed, master’s level (or higher) mental health professionals (social workers, school psychologists, school counselors, psychologists, psychiatrists, psychiatric nurses, professional counselors, and marriage and family therapists)
- Deploy to over 70,000 small and large disasters every year across our nation. DMH volunteers attend to the emotional care needs of survivors and response workers across the continuum of preparedness, response and recovery



American Red Cross
Eastern Pennsylvania Region

1-800-422-CROSS (7677)
www.redcross.org/easternpa