

Common Response to Disaster:

<http://disaster.ifas.ufl.edu/PDFS/CHAP20/D20-08.PDF>

3 page PDF file explaining common responses to disaster and traumatic Events. Created by the University of Florida, Cooperative Extension Service, Institute of Food and Agricultural Science

<http://www.apa.org/practice/drnindex.html>

Fact sheet to APA's response to disaster with information about the Disaster Response Network. Created by APA Online.

** http://www.nydis.org/downloads/Tips_MentalHealth.pdf

2 page PDF file, outlining common responses to disaster and examples of stress reactions. Also provides information about what other people can do to help those coping with disaster and how to refer someone for professional help. Created by New York Disaster Interfaith Services.

http://www.nasponline.org/resources/crisis_safety/naturaldisaster_teams_ho.aspx

This link is more focused on the response of children to natural disasters such as hurricanes, earthquakes, floods, and the family component involved. Created by National Association of School Psychologists.

<http://www.mentalhealthamerica.net/go/information/get-info/coping-with-disaster/coping-with-the-stress-of-natural-disasters>

Very brief listing of common reactions to the stress of natural disasters and tips for coping. Created by Mental Health America.

<http://texashelp.tamu.edu/001a-hot-topics/web-2005-sept/mental-health-issues-disasters.php>

This has a list of links to information for parents and teachers dealing with disaster, self-care tips to deal with disaster, how to help children cope with disaster, common reactions of children after disaster, and long-term impact of traumatic events. Created by Texas Cooperative Extension, The Texas A&M University System, Extension Disaster Education Network.

Symptoms of PTSD:

<http://psychcentral.com/disorders/sx32.htm>

Explains what PTSD is and lists symptoms. Created by PsychCentral.

** <http://www.tema.ca/lib/PTSD%20Fact%20Sheet.pdf>

5 page PDF file fact sheet, outlines specific facts about how common PTSD is, goes through symptoms of the disorder, how is at most risk of developing PTSD, and treatments of the disorder. Copyright the Sidran Institute.

<http://www.mentalhealthamerica.net/go/ptsd>

Goes through common symptoms of PTSD, onset, treatment, co-occurring illnesses, likelihood of developing the disease, and research on PTSD. Created by Mental Health America.