

Disaster and Behavioral Health Resources Communications Toolkit



Natural and man-made disasters impact individuals, families and communities across North Carolina. It's normal to be overwhelmed before, during or after a disaster. Resources are available to support your mental health every step of the way.

Toolkit Overview

The [Disaster and Behavioral Health Resources Communications Toolkit](#) provides disaster-specific tips, guidance and resources, as well as ways to support mental and emotional health. The toolkit includes information on how to find mental health support, navigate stressful events while living with a disability or as a caregiver, access care if you struggle with substance use, learn safety guidance and help others do the same.

The toolkit is available in **English, Spanish, Mandarin and Arabic**. North Carolinians are encouraged to keep this information on hand and share these resources with community members, including:

- Friends and family members
- Coworkers and employees
- Teachers and school administrators
- Health care providers
- People living with a disability
- Caregivers
- Local shelters
- First responders
- Crisis response professionals
- Disaster response volunteers

Learn more: [ReadyNC.gov](https://www.getreadync.gov) | Get support at 1-800-985-5990 (Disaster Distress Helpline)



Disaster and Behavioral Health Resources Communications Toolkit



Toolkit Overview

The [Disaster and Behavioral Health Resources Communications Toolkit](#) provides resources to support the unique needs of North Carolinians before, during and after a disaster. Here's what's included:

[Fact Sheets](#) (available in [English](#), [Spanish](#), [Mandarin](#) and [Arabic](#))

Mental health impacts on [adults](#), [children and teens](#) and [first responders](#)

Natural disasters: [hurricanes](#), [winter storms](#), [floods](#) and [wildfires](#)

Man-made disasters, including [incidents of mass violence](#)

Social Media Posts on mental health, natural disasters, man-made disasters and first responder support

Available in [English](#), [Spanish](#), [Mandarin](#) and [Arabic](#)

Videos

We're Ready, NC: Supporting Mental Health Before and After a Disaster (available in [English](#) and [Spanish](#))

How Disasters Affect Mental Health (available in [English](#) and [Spanish](#))

It's always the right time to reach out for mental health resources and support! ❤️ #ReadyNC

