

Mental health resources: International

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
All Sorts: Tips for coping after a natural disaster	allsorts.org.nz/tips-for-coping-after-a-natural-disaster	Resources, information, and tips for coping with natural disasters.	International: New Zealand	Online service	Psychosocial emergency preparedness	General population	Yes	—	—	—	English
ASPR: Disaster Behavioral Help	aspr.hhs.gov/behavioral-health	Resources and guidance for stress management after disasters from the Administration for Strategic Preparedness & Response (ASPR).	International: United States	Resource hub	Psychosocial emergency preparedness	Health care providers and public safety personnel	Yes	—	—	—	English
Australian Psychological Society	psychology.org.au/for-the-public/psychology-topics/disasters	Information for preparing for disasters and for looking after mental health and well-being after experiencing a natural disaster.	International: Australia	Online service	Wellness support	General population	Yes	—	—	—	English
Australian Red Cross	redcross.org.au/emergencies	Provides tips for coping with a crisis, including looking after yourself and returning home.	International: Australia	Online service	Wellness support	General population	Yes	—	—	—	English
Beyond Blue: Natural Disasters	beyondblue.org.au/mental-health/natural-disasters	Mental health information for those who have experienced a natural disaster.	International: Australia	Online service	Wellness support	General population	Yes	—	—	—	English
Black Dog Institute: National Emergency Worker Support Service	blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/	Free mental health check, providing insights and recommendations to support PSP.	International: Australia	Online service	Wellness support	Public safety personnel	Yes	—	—	—	English

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CDC: Emergency preparedness and response	emergency.cdc.gov/coping	From the US Centers for Disease Control and Prevention (CDC), mental health information to prepare for and recover from a disaster.	International: United States	Online service	Psychosocial emergency preparedness	General population	Yes	Yes	—	—	English , Spanish
Get Ready: Mental Wellbeing	getready.govt.nz/emergency/mental-wellbeing	Mental health tools and resources for before and after disaster.	International: New Zealand	Resource hub	Psychosocial emergency preparedness	General population	Yes	—	—	—	Arabic , Easy read , English , Gagana Samoa , Hindi , Japanese , Lea Faka-Tonga , New Zealand Sign Language , Punjabi , Reo Kuki Airani , Simplified Chinese , Spanish , Tagalog , Te Reo M?ori , Traditional Chinese , Vagahau Niue
Headspace: Natural Disaster Mental Health	headspace.org.au/our-impact/campaigns/mental-health-after-natural-disaster	Mental health information for during and after a flood or bushfire.	International: Australia	Online service	Psychosocial emergency preparedness	General population	Yes	Yes	Yes	Yes	English
KidsHealth: Coping with a	kidshealth.org.nz/coping-natural-disaster	Information for parents on how to help their	International: New Zealand	Online service	Psychosocial emergency	General population	—	Yes	—	—	English

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natural disaster		children recover after natural disasters.		preparedness							
PAHO: Mental Health and Psychosocial Support in Emergencies	paho.org/en/topics/mental-health-and-psychosocial-support-emergencies-mhpss	From Pan American Health Organization (PAHO), a plan of action for mental health and psychosocial support during emergencies.	International: Americas	Information	Psychosocial emergency preparedness	Governments, non-governmental organizations, civil society groups	This resource is for mental health systems. It is not a resource for individuals.	—	—	—	
Phoenix Australia: Responder Assist	phoenixaustralia.org/responder-assist	Mental health information, resources, and training for emergency workers and those who support them.	International: Australia	Online service	Wellness support	Public safety personnel and their families	Yes	—	—	Yes	English
SAMHSA: Warning signs and risk factors for emotional distress	samhsa.gov/find-help/disaster-distress-help/ine/warning-signs-risk-factors	Coping tips for traumatic events and disasters from the Substance Abuse and Mental Health Services Administration (SAMHSA).	International: United States	Online service	Psychosocial emergency preparedness	General population	Yes	—	—	—	English
SAMSHA: A guide to managing stress for disaster responders and first responders	store.samhsa.gov/sites/default/files/pep22-01-01-003.pdf	A downloadable booklet about stress management published by the Substance Abuse and Mental Health Services Administration (SAMHSA).	International: United States	Online service	Psychosocial emergency preparedness	Public safety personnel	Yes	—	—	—	English
Skills for Psychological Recovery (SPR) Manual	ptsd.va.gov/professional/treat/type/skills_psych_recovery_manual.asp	SPR aims to help survivors gain skills to manage distress and cope with post-disaster stress.	International: United States	Online service	Psychosocial emergency preparedness	Mental health providers	Yes	—	—	—	English