

## **BEHAVIORAL HEALTH INFORMATION FOR VOLUNTEERS:**

American Psychological Association “The Road to Resilience”

<https://www.apa.org/topics/resilience>

Managing Stress: A Guide for Emergency and Disaster Response Workers

<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Taking-Care-of-Your-Body/Managing-Stress>

Psychological First Aid: A Guide for Emergency and Disaster Response Workers

<https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

Common Responses to Trauma & Coping Strategies

<http://www.trauma-pages.com/s/t-facts.php>