Behavioral Health Resources after Natural Disasters

Supporting Providers, Communities and Youth in Nebraska

Curated resources to support behavioral health response and recovery during natural disasters.

PURPOSE:

This guide provides free, accessible resources to support individuals, communities, and the providers who care for them following a disaster.

EXTENSION

BHECN | BEHAVIORAL HEALTH EDUCATION CENTER OF NEBRASKA

unmc.edu/bhecn

FOR COMMUNITIES, AGRICULTURE & FAMILIES

Nebraska Rural Response Hotline
Provides free, confidential support—including financial, legal, disaster relief, and mental health resources—for Nebraska farmers, ranchers, and rural residents experiencing crisis.

Website: https://farmhotline.com/
Phone: 1-800-464-0258

Nebraska Extension – Rural Wellness / Stress & Mental Health
Offers resources, tools, and education to support stress management, mental health, and resilience among Nebraska farmers, ranchers, and rural communities.

Website: https://ruralwellness.unl.edu/
Phone: 308-696-6700

Nebraska Cattlemen – Wildfire Resources
Provides wildfire recovery information, mental health resources, and support tools tailored for Nebraska's ranching and agricultural communities.

Website: https://www.nebraskacattlemen.org/wildfire-resources?#Mentalhealth

AgriSafe Network – Farm Response Training
Provides training and resources to help agricultural communities prepare for and respond to emergencies, with a focus on health and safety.

Website: https://www.agrisafe.org/courses/farm-response/

UNL Center for Agricultural Profitability
Provides research-based resources, tools, and guidance to support informed decision-making and financial resilience for Nebraska farmers, ranchers, and agricultural communities.

Website: https://cap.unl.edu/

Nebraska Disaster Behavioral Health – Psychological First Aid (PFA)
Provides Nebraska-based disaster behavioral health resources, including Psychological First Aid training, response tools, and recovery materials for individuals, communities, and responders.

Website: https://www.disastermh.nebraska.edu/

Nebraska Family Helpline (DHHS)
Provides 24/7 support, guidance, and referrals for parents, caregivers, and families navigating behavioral health and family challenges.

Website: https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx
Phone: 1-888-866-8660

Nebraska DHHS Network of Care Portal
Provides a searchable directory of behavioral health services, resources, and support programs across Nebraska for individuals, families, and providers.

Website: https://portal.networkofcare.org/NebraskaBehavioralHealth

SAMHSA Disaster Distress & Coping Resources
Provides national resources, tools, and guidance to support behavioral health, resilience, and recovery for individuals and communities affected by disasters.

Website: https://www.samhsa.gov/technical-assistance/dtac/resources

American Red Cross – Disaster Training
Offers online and in-person disaster preparedness and response trainings, equipping volunteers, responders, and community members with skills to support individuals and communities during emergencies.

Website: https://www.redcross.org/take-a-class/disaster-training

LOCAL AND REGIONAL SUPPORT

Region 2 Behavioral Health Services
Provides behavioral health services, crisis support, and substance use treatment for individuals and families in central and western Nebraska.

Phone: 308-534-0440

Western Community Health Resources
Provides mental health, substance use, and community support services for individuals and families in western Nebraska.

Phone: 308-432-8979

West Central District Health Department
Provides public health services, emergency response information, and community resources to support health and safety during disasters.

Phone: 308-696-1201

Local Community Supports
Local churches, schools, and community organizations may offer immediate assistance, shelter, supplies, and emotional support during disaster response and recovery. Faith-based supports can be found through directories such as FaithStreet (faithstreet.com) or through local community connections.

FOR PROVIDERS

Nebraska Disaster Behavioral Health (UNL Public Policy Center / UNMC)
Provides training, tools, and response resources, including Psychological First Aid (PFA), to support behavioral health professionals, responders, and communities across Nebraska before, during, and after disasters.

Website: https://www.disastermh.nebraska.edu/

Nebraska DHHS Behavioral Health Training
Offers online trainings on trauma-informed care, crisis response, suicide prevention, and core behavioral health topics for Nebraska providers and community partners.

Website: https://dhhs-dbhtraining.unl.edu/

Nebraska Critical Incident Stress Management (CISM)
Provides peer support, debriefing services, and training to help first responders and emergency personnel manage stress and trauma following critical incidents.

Website: https://dhhs.ne.gov/Pages/EHS-Critical-Incident-Stress-Management.aspx

AgriSafe Network – Mental Health Resources
Provides training, tools, and resources to help providers support mental health and reduce stigma among farmers, ranchers, and agricultural communities.

Website: https://www.agrisafe.org/healthcare/mental-health/

BHECN Disaster Response Webinar Series
Offers a collection of recorded webinars providing practical guidance on disaster behavioral health response for providers, responders, and community partners.

Website: https://vimeo.com/channels/1456048

SAMHSA Disaster Preparedness, Response, and Recovery
Provides guidance, tools, and resources to support behavioral health preparedness, response, and recovery for providers and communities impacted by disasters.

Website: https://www.samhsa.gov/mental-health/disaster-preparedness

FOR YOUTH

Nebraska Family Helpline (DHHS)
Provides 24/7 support, guidance, and referrals for parents and caregivers.

Website: https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx
Phone: 1-888-866-8660

UNL Fit & Healthy Kids – Wildfire Resources
Provides practical guidance, activities, and tips to help children and families stay safe, cope, and maintain well-being during wildfire events.

Website: https://fitandhealthykids.unl.edu/wildfire/

SAMHSA – Children & Disaster Resources
Provides evidence-based tools, tip sheets, and guidance to help caregivers, educators, and professionals support children's mental health before, during, and after disasters, including resources such as *Tips for Talking with Children & Youth After a Disaster* and *How to Support a Child Through Grief*.

Website: https://www.samhsa.gov/technical-assistance/dtac/disaster-survivors/children

National Child Traumatic Stress Network (NCTSN)
Provides evidence-based resources, toolkits, and guidance to help children, families, and providers respond to trauma and disasters.

Website: https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters

BHECN Disaster Response Webinar Series (Youth-Focused Content)
Provides a curated set of webinars focused on supporting children and youth during and after disasters for providers, educators, and caregivers.

Website: https://vimeo.com/channels/1456048

STATE AND NATIONAL DISASTER GUIDANCE

Nebraska Emergency Management Agency (NEMA)
Coordinates statewide emergency preparedness, response, and recovery efforts, including disaster updates and resources for affected communities.

Website: https://nema.nebraska.gov/

SAMHSA Disaster Technical Assistance Center (DTAC)
Provides national toolkits, training, and guidance to support behavioral health preparedness, response, and recovery for individuals, families, and communities affected by disasters.

Website: https://www.samhsa.gov/technical-assistance/dtac/resources

ASPR Behavioral Health Resources (HHS)
Provides federal guidance, tools, and resources to support mental health, substance use, and stress management before, during, and after disasters for healthcare providers, responders, and community leaders.

Website: https://aspr.hhs.gov/behavioral-health/Pages/default.aspx

CDC – Wildfire Health & Safety
Provides guidance on protecting physical health during wildfires, including air quality, smoke exposure, and safety precautions.

Website: https://www.cdc.gov/wildfires/about/

Need Immediate Support?

988 Suicide & Crisis Lifeline (Call or text nine-eight-eight)

Suicide & Crisis Lifeline

24/7 • Free • Confidential

Website: 988lifeline.org

BHECN | BEHAVIORAL HEALTH EDUCATION CENTER OF NEBRASKA

Behavioral Health Disaster Resources – Quick Reference
For immediate use by providers, responders, and community partners

IMMEDIATE SUPPORT

- 988 Suicide & Crisis Lifeline | Call or text nine-eight-eight | 24/7, free, confidential support
- Nebraska Rural Response Farm Hotline | 1-800-464-0258 | https://farmhotline.com/

LOCAL & COMMUNITY SUPPORT (Share with clients)

- Nebraska Family Helpline | 1-888-866-8660 | dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx
- Region 2 Behavioral Health Services | 308-534-0440
- Western Community Health Resources | 308-432-8979
- West Central District Health Department | 308-696-1201
- Local & Community | Churches, schools, and community organizations may offer shelter, supplies, and emotional support.

AGRICULTURE & RURAL SUPPORT

- Nebraska Extension – Rural Wellness | 308-696-6700 | https://ruralwellness.unl.edu/
- Nebraska Cattlemen | https://www.nebraskacattlemen.org/wildfire-resources?#Mentalhealth
- AgriSafe Network – Mental Health & Safety | https://www.agrisafe.org/healthcare/mental-health/
- UNL Center for Agricultural Profitability | https://cap.unl.edu/

PROVIDER & RESPONDER SUPPORT

- Nebraska Disaster Behavioral Health | https://www.disastermh.nebraska.edu/
- CISM (First Responder Support) | https://dhhs.ne.gov/Pages/EHS-Critical-Incident-Stress-Management.aspx
- DHHS Trainings | https://dhhs-dbhtraining.unl.edu/
- BHECN Disaster Webinars | https://vimeo.com/channels/1456048

YOUTH & FAMILY SUPPORT

- Nebraska Family Helpline | 1-888-866-8660 | dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx
- UNL Fit & Healthy Kids | https://fitandhealthykids.unl.edu/wildfire/
- SAMHSA Youth & Disaster Resources | https://www.samhsa.gov/technical-assistance/dtac/disaster-survivors/children
- NCTSN (Child Trauma) | https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters

STATE & NATIONAL

- NEMA (NE Emergency Info) | https://nema.nebraska.gov/
- SAMHSA (DTAC) | https://www.samhsa.gov/technical-assistance/dtac/resources
  ASPR (HHS) | https://aspr.hhs.gov/behavioral-health/Pages/default.aspx
- CDC Wildfire Safety | https://www.cdc.gov/wildfires/about/

N EXTENSION