

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

American Psychological Association “The Road to Resilience”

<http://www.apa.org/helpcenter/road-resilience.aspx>

Managing Stress: A Guide for Emergency and Disaster Response Workers

<https://store.samhsa.gov/shin/content/DK-APP/NMH05-0211-small.pdf>

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

<https://store.samhsa.gov/shin/content/SMA11-DISASTER/SMA11-DISASTER-02.pdf>

Common Responses to Trauma & Coping Strategies

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