

Mission

Disaster Mental Health (DMH) is an integral part of American Red

- Individual triage
- Mental health surveillance
- Enhanced psychological first aid (PFA) Psychoeducation
- Secondary assessment
- Referrals
- Crisis intervention
- Casualty support
- Community level support
- Advocacy
- Responder training (PFA, DMH and force health protection)
- Pre- and post-deployment support
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Talk with your chapter about other ways to help:

- Provide support to military families (condolence visits, PFA and resilience training)
- Support domestic and international family linking services
- Deliver community preparedness and resilience training

Contact your local American Red Cross chapter for more information

www.redcross.org





Disaster Mental Health



"The Red Cross is the most amazing organization I've ever known. They don't just help people with their physical needs like food and clothing; they help with everything – mentally, emotionally, spiritually."

Bill "Woody" Wood, Tornado Victim

Why Disaster Mental Health?

Disaster Mental Health (DMH)

volunteers deploy to over 70,000 small and large disasters every year. We respond to the psychosocial needs of survivors and response workers across the continuum of preparedness, response and recovery.

As a Red Cross DMH volunteer, you will be part of our cadre of 4,000 licensed mental health professionals—the largest and most highly-credentialed DMH response force in the nation. You will have opportunities to:

- Provide support to Red Cross employees and volunteers, as well as other emergency responders in disasters ranging from single family fires to large natural or human-caused disasters
- Be part of the nation's "leading edge" in the disaster mental health field as you engage in evidence-based triage, mental health surveillance, psychological first aid, force health protection and resilience-building services and training.

You will be required to adapt to a fluid and dynamic environment. Contacts with individuals, families and other relief workers are often spontaneous. Interventions are brief and contacts take place in a variety of settings.

Mental health work in disaster settings is both uniquely challenging and rewarding. With your help, we can provide compassionate and essential support to people in their time of greatest need.

Opportunities

You can...

Volunteer from home

- Participate in Red Cross local and national projects by internet, phone or email
- Support someone at a disaster relief operation by phone

Help within your community

- Become a DMH instructor
- Respond with your Disaster Action Team,
- Engage in joint disaster training, planning and exercising opportunities with other disaster response agencies

Deploy to a national disaster

- Administer psychological first aid and engage in crisis intervention
- Network with state and national leaders
- Learn to lead DMH teams
- Travel to places where people urgently need your help

You CAN make a difference!

Assignment Settings

As a Disaster Mental Health

volunteer, you will work in a number of settings which can include:

- **Shelters**
Where clients affected by a disaster take temporary shelter for their daily needs
- **Emergency aid stations**
Where you'll provide psychological first aid, psychoeducation, referral and other services to clients as they pick up food and supplies
- **Outreach and condolence teams**
Where you'll travel throughout the affected area and collaborate with client caseworkers and disaster health services workers

Other possible assignments may include:

- Home visits
- Hospital visits
- Disaster Action Team calls
- Staging areas
- Staff mental health
- Chapter support