

## **Tornado Resources – 2013**

### ***APA Help Center***

- Managing Traumatic Stress: After the Tornadoes  
<http://www.apa.org/helpcenter/tornadoes.aspx>
- Tornadoes, Hurricanes, and Children  
<http://www.apa.org/helpcenter/tornadoes-kids.aspx>

### ***APA***

- Building Your Resilience  
<http://www.apapracticecentral.org/outreach/building-resilience.aspx>

### ***Red Cross***

- Recovering Emotionally  
<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally>

### ***Red Cross/FEMA***

- Helping Children Cope with Disaster  
<http://www.fema.gov/pdf/library/children.pdf>  
<http://publications.usa.gov/USAPubs.php?PubID=3321>

### ***Centers for Disease Control Emergency Preparedness and Response***

- Tornadoes  
<http://www.bt.cdc.gov/disasters/tornadoes/>

### ***Ready.gov. Federal Emergency Management Agency***

- Tornadoes  
<http://www.fema.gov/hazard/tornado/index.shtm>
- Coping with Disaster  
<http://www.ready.gov/coping-with-disaster>

***Substance Abuse Mental Health Services Administration***

- Disaster Distress Helpline (24/7 phone and text)  
<http://disasterdistress.samhsa.gov/about.aspx>