

Resources for Kentucky Flooding Disaster – 2025

Flooding Resources:

Governor's page for resources - <https://governor.ky.gov/flood-resources>

American Red Cross: <https://www.redcross.org/about-us/our-work/disaster-relief/flood-relief/kentucky-floods-financial-assistance.html>

Shelters in KY: <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>

Disaster Assistance.gov - <https://www.disasterassistance.gov/> (includes Disaster Recovery Centers by county)

FEMA Disaster Recovery Center Locator - <https://egateway.fema.gov/ESF6/DRCLocator>

<https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4627>

EKY Resource Guide from SOAR – <https://soar-ky.org/flood/>

Team Kentucky Public Protection Cabinet Storm Relief – https://kfi.ky.gov/newstatic_Info.aspx?static_ID=663

Resources from BHDID and SAMHSA/DTAC:

Flooding: https://drive.google.com/drive/folders/1TFJ-yL_xDsRNnhxnoLeSEeNBk-HQk6il?usp=drive_link

General:

https://drive.google.com/drive/folders/1K20uoFdiac2z4wDN7uo3U7LFpL2us1hn?usp=drive_link

Spanish: https://drive.google.com/drive/folders/1h5Jlf-44LyLVigHo8L_FansZ7CmCWYEw?usp=drive_link

Disaster School Preparedness Toolkit at: [Comprehensive Behavioral Health Preparedness Toolkit](#)

KCCRT website, here: [Disaster Response Resources - KCCRT](#)

General Disaster Response and Recovery Information

- **Floods**—the SAMHSA Disaster Distress Helpline describes floods and how they can affect communities. The web page highlights signs of flood-related emotional distress, groups who are particularly at risk for emotional distress in the event of a flood, and flood-related resources <https://www.samhsa.gov/types-disasters/floods>

- ***Floods and Your Safety***—the Centers for Disease Control and Prevention provides information to help people stay safe after a flood. The page includes information and links about risks associated with floodwater and safely returning to a home that has been flooded <https://www.cdc.gov/floods/about/index.html>
- ***Flood Safety***—the American Red Cross focuses on flood safety tips for families and communities. The web page encourages families and communities to implement best safety practices before, during, and after a flood, and discusses ways to stay safe after a flood <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html>
- ***Flood Resources***—The National Child Traumatic Stress Network’s website describes floods and provides information for parents, other caregivers, and families about what to do before, during, and after a flood. Descriptions and links to related resources are also provided <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/flood-resources>
- ***Tips for Survivors: Coping With Anger After a Disaster or Other Traumatic Event***—Developed by SAMHSA, this tip sheet intends to aid survivors in coping with bouts of anger that may follow disasters or traumatic events. The tip sheet describes the physical changes that may indicate anger and provides guidance for coping and integrating positive habits into your life, as well as resources for additional support <https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002>
- ***Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event***—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support <https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>
- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of a disaster or trauma. It identifies common reactions to disasters and other traumatic events, lists tips to manage and lower stress, and highlights signs of the need for professional support <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>.

- ***Tips for Survivors of a Disaster or Traumatic Event: What To Expect in Your Personal, Family, Work, and Financial Life***—In this tip sheet, SAMHSA describes the effects that disasters and other traumatic events can have on survivors in general, and specifically on different parts of their lives. The tip sheet suggests steps to cope with a disaster or other trauma, lists signs of the need for professional mental health and substance use assistance, and identifies resources for additional information and support <https://store.samhsa.gov/product/tips-survivors-disaster-or-traumatic-event-what-expect-your-personal-family-work/pep23-01-01-010>

This tip sheet is available in Spanish at <https://store.samhsa.gov/product/tips-survivors-disaster-or-traumatic-event-what-expect-your-personal-family-work-spanish/pep23-01-01-011>.

- **Be Red Cross Ready: Taking Care of Your Emotional Health after a Disaster**—This fact sheet from the American Red Cross lists common reactions to a disaster, identifies ways for survivors to cope effectively, and highlights signs of the need for additional mental health support https://www.redcross.org/content/dam/redcross/atg/PDFs/Be_Red_Cross_Ready/EmotionalHealth.pdf

The American Red Cross also offers this fact sheet in a large-print edition at https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf

- **PFA: Tips for Adults**—Part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout identifies common reactions in adults who have experienced a disaster, suggests responses, and offers examples of things to do and say to cope with the reaction. These suggestions and examples include a breathing exercise for relaxation, prioritization of responsibilities that feel overwhelming, and tapping into existing relationships for support <https://www.nctsn.org/resources/pfa-tips-adults>

PFA: When Terrible Things Happen – What You May Experience—Also part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout identifies common reactions to disasters and other extremely adverse events and suggests a wide range of steps people can take to improve well-being and enhance resilience <https://www.nctsn.org/resources/pfa-when-terrible-things-happen>

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- **Children and Disasters**—Part of the Survivors of Disasters Resource Portal (<https://www.samhsa.gov/dtac/disaster-survivors>) at the SAMHSA Disaster Technical Assistance Center website, this web page describes how children and teenagers may experience disasters differently from adults, offers tips for disaster planning for families, identifies common reactions to disasters in children and teenagers, and provides suggestions for adults for helping children and teenagers cope after disaster. Links to related resources are also provided <https://www.samhsa.gov/dtac/disaster-survivors/children-and-disaster>
- **Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers**—This SAMHSA tip sheet can help parents, other caregivers, and teachers recognize and address problems in children and teens affected by a disaster. The tip sheet describes reactions that are common in young survivors at different ages, as well as how to help children cope with these reactions. <https://store.samhsa.gov/product/tips-talking-and-helping-children-and-youth-cope-after-disaster-or-traumatic-event-guide/pep23-01-01-012>

The tip sheet is available in Spanish at <https://store.samhsa.gov/product/tips-talking-and-helping-children-and-youth-cope-after-disaster-or-traumatic-event-guide-spanish/pep23-01-01-003>.

- ***Age-related Reactions to a Traumatic Event***—In this fact sheet, NCTSN provides an overview of how children and adolescents may react to a traumatic event, including a natural or human-caused disaster that they experience as traumatic. This resource describes reactions typical within specific age ranges and offers tips for families, doctors, and school personnel to help children and adolescents cope <https://www.nctsn.org/resources/age-related-reactions-traumatic-event>

The information in the fact sheet is provided in a video in American Sign Language at <https://www.nctsn.org/resources/age-related-reactions-traumatic-event-asl>. Also, the fact sheet is available in several languages other than English:

- ***Helping School-Age Children with Traumatic Grief: Tips for Caregivers***—After children lose someone they love in a disaster or other event, they may go through traumatic grief, particularly if the death was sudden or frightening. In this tip sheet, NCTSN explains how school-age children may experience traumatic grief and suggests ways for parents and other caregivers to support them in moving through and coping with this type of grief <https://www.nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers>
- ***Helping Teens with Traumatic Grief: Tips for Caregivers***—This NCTSN tip sheet explains how teens may experience traumatic grief, a type of grief that people may go through after a death that occurs as part of a disaster or other sudden or violent event. The tip sheet describes 10 ways that teens may feel, behave, and express themselves as they go through traumatic grief. For each reaction, it suggests ways for parents and other caregivers to offer support <https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>
- ***Helping Young Children with Traumatic Grief: Tips for Caregivers***—In this tip sheet, NCTSN explains how young children may experience traumatic grief, which can arise after a disaster or other event in which the child lost a loved one. The tip sheet lists ways in which young children may go through and express traumatic grief and offers suggestions for parents and other caregivers to support children in coping <https://www.nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers>

Resources for Disaster Responders and First Responders

- ***Connecting Communities to Substance Use Services: Practical Approaches for First Responders***—This guide explains how first responders can play a crucial role in helping people who use drugs find and access substance use services and other services and resources to improve their health and well-being. The guide covers foundational skills and practices and public health approaches for first responders to use in support of people who use drugs, as well as things to consider in implementing practices and programs to help people who use drugs and their communities <https://store.samhsa.gov/product/connecting-communities-substance-use-services-practical-tools-for-first-responders/pep23-06-01-010>
- ***First Responders and Disaster Responders Resource Portal***—This part of the SAMHSA DTAC website notes the stressors that may be involved in work as a responder, identifies signs of stress, and offers coping tips. The page features links to tip sheets, online trainings, and other resources related to responder mental health and freedom from substance use issues and conditions <https://www.samhsa.gov/dtac/disaster-responders>

- ***A Guide to Managing Stress for Disaster Responders and First Responders***—This SAMHSA guide is designed for first responders, public health workers, construction workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response <https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003>
- ***SAMHSA Behavioral Health Disaster Response App***—The SAMHSA Disaster App is a free tool for first responders and disaster response and recovery workers. It provides geographically specific information about mental health and substance use services to support individual and community referrals (through FindTreatment.gov). The tool also provides resources for first responders and disaster response and recovery workers to support their pre-deployment preparation, on-the-ground assistance, and post-deployment demobilization. The app is available for download on [Apple](#) and [Android](#) devices <https://library.samhsa.gov/product/samhsa-disaster-mobile-app/pep13-dkapp-1>
- ***Responder Safety and Health***—In this topical resource collection, the Administration for Strategic Preparedness and Response (ASPR) provides a wealth of items for health care, public health, and emergency management professionals pertaining to safety, including mental health-related safety for responders. Part of the ASPR Technical Resources, Assistance Center, and Information Exchange resource, the collection features three sections about responder behavioral health and resilience <https://asprtracie.hhs.gov/technical-resources/72/responder-safety-and-health/0>

Additional Resources for Acute Needs

- ***SAMHSA Disaster Distress Helpline***—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and more than 100 additional languages. People who are deaf or hard of hearing can text or call the DDH at 1–800–985–5990 using their preferred relay provider. This website is also available in Spanish <https://www.samhsa.gov/find-help/disaster-distress-helpline>

[Other DDH information is available in 30 commonly spoken languages.](#)

- ***988 Suicide and Crisis Lifeline***—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish <https://988lifeline.org>

The website is available in Spanish at <https://988lifeline.org/es/home>.