

## **Tornado Preparedness**

Tornadoes are common throughout the United States and most often occur from spring through fall. This type of natural disaster can cause serious emotional distress, both from anticipating tornadoes and coping with the aftermath. To help all those who may be affected by tornadoes this year, SAMHSA DTAC has compiled a list of relevant disaster behavioral health and preparedness resources.

### ***Immediate Disaster Response—Tornadoes***

[http://www.samhsa.gov/dtac/dbhis/dbhis\\_tornado\\_intro.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_tornado_intro.asp)

### ***Recovery: After a Tornado***

<http://www.nctsn.org/trauma-types/natural-disasters/tornadoes#tabset-tab-5>

### ***Be Red Cross Ready: Tornado Safety Checklist***

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4340177\\_Tornado.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340177_Tornado.pdf) [PDF - 255 Kb]

### ***Tornadoes: Being Prepared***

<http://www.bt.cdc.gov/disasters/tornadoes/prepared.asp>

### ***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>

Visit our [Mobile Apps Gallery](#) to find government apps and mobile websites.

Here are just a few of the many apps you'll find:

- [Tornado](#) - If a tornado warning is issued for your location, an alarm will sound, even when the app is closed. (available for iPhone and Android)
- [CDC Mobile App](#) - Get timely health information. (available for iPad and Android)
- [Smart Traveler](#) - Get official country information, travel alerts, maps, U.S. embassy locations, and more. (available for iPhone and Android)
- [NCI QuitPal](#) - Use proven strategies to help you stop smoking. (available for iPhone)
- [NPS National Mall](#) - If you're visiting the National Capital, you can use this app to help you explore cultural and historical sites. (available for iPhone)