

## Information for Coping with Tornado and Floods in Missouri

In recent weeks the floods in Southeastern Missouri and the tornado in Joplin have been life-changing causing the loss of lives, homes, businesses and hundreds of injuries. In addition, thousands of Missourians and citizens from other states have volunteered to help those affected by the disasters. No one who is involved in a disaster is untouched by it.

Stress and grief are common reactions to abnormal situations. Adults, youth and even very young children may all feel the effect. Information and assistance is available to help you cope. Knowing how to take care of yourself and others will help create and sustain an environment of safety, calmness, empowerment, hopefulness and connection others.

If you have been affected by the tornado in Joplin or the flooding in Southeast Missouri, and find yourself overwhelmed by the feelings you are experiencing, you are not alone. Call the following numbers to get crisis counseling assistance:

**Healing for Joplin:**                      **Joplin, Missouri tornado:**      **1-800-247-0661**

**Show-Me Recovery:**                      **Southeast Missouri floods:**      **1-800-356-5395**

### Tornado coping resources:

Factsheets for parents, teachers, children, and teens:

[After the Tornado: Helping Young Children Heal](#) (PDF)

>En Español [[Después de Pasar por La Experiencia de Un Tornado](#)]

[Parent Guidelines for Helping Children after a Tornado](#) (PDF)

[Questions To Ask Your Children About the Tornado](#) (PDF)

[Teacher Guidelines for Helping Students after a Tornado](#) (PDF)

[Tornado Response for Kids: Right after a Tornado](#) (PDF)

[Tornado Recovery for Kids: Making Things Better](#) (PDF)

[Tornado Response for Teens: Right after a Tornado](#) (PDF)

[Tornado Recovery for Teens: Making Things Better](#) (PDF)

[Tips for Parents on Media Coverage of the Tornadoes](#) (PDF)

[Other Relevant NCTSN materials](#)

The Psychological First Aid page on the NCTSN website (<http://www.nctsn.org/content/psychological-first-aid>) has been updated and you can now download the entire manual or parts of it in English, Japanese, Spanish, and Chinese.

Here is a list of some of the PFA handouts in these 4 languages:

- Provider Care
- Connections with Others: Giving Social Support

- Connections with Others: Seeking Social Support
- When Terrible Things Happen
- Parents Tips for Helping Infants and Toddlers
- Parents Tips for Helping Preschool-Aged Children
- Parents Tips for Helping School-Aged Children
- Parents Tips for Helping Adolescents
- Tips For Adults
- Basic Relaxation Techniques
- Alcohol and Drug Use and Abuse
- PFA online – 6 hour training on Psychological First Aid at <http://learn.nctn.org>
- Traumatic Grief factsheets for parents both in English and Spanish [For Parents \(2004\)](#) (PDF)  
>En Español [[Guía informativa para los padres sobre la aflicción traumática infantil \(2004\)](#)]