

# Behavioral Health Resources after Natural Disasters



## Supporting Providers, Communities and Youth in Nebraska

Curated resources to support behavioral health response and recovery during natural disasters.

### **PURPOSE:**

This guide provides free, accessible resources to support individuals, communities, and the providers who care for them following a disaster.



[unmc.edu/bhecn](https://unmc.edu/bhecn)

## FOR COMMUNITIES, AGRICULTURE & FAMILIES

### **Nebraska Rural Response Hotline**

Provides free, confidential support—including financial, legal, disaster relief, and mental health resources—for Nebraska farmers, ranchers, and rural residents experiencing crisis.

**Website:** <https://farmhotline.com/>

**Phone:** 1-800-464-0258

### **Nebraska Extension Disaster Education**

Provides all-hazards emergency and disaster education supporting preparedness, response, and recovery, while promoting health, wellbeing, and safety for families, communities, farmers, and ranchers.

**Website:** <https://disaster.unl.edu>

### **Nebraska Cattlemen – Wildfire Resources**

Provides wildfire recovery information, mental health resources, and support tools tailored for Nebraska's ranching and agricultural communities.

**Website:** <https://www.nebrascacattlemen.org/wildfire-resources?#Mentalhealth>

### **AgriSafe Network – Farm Response Training**

Provides training and resources to help agricultural communities prepare for and respond to emergencies, with a focus on health and safety.

**Website:** <https://www.agrisafe.org/courses/farm-response/>

### **UNL Center for Agricultural Profitability**

Provides research-based resources, tools, and guidance to support informed decision-making and financial resilience for Nebraska farmers, ranchers, and agricultural communities.

**Website:** <https://cap.unl.edu/>

### **Nebraska Disaster Behavioral Health – Psychological First Aid (PFA)**

Provides Nebraska-based disaster behavioral health resources, including Psychological First Aid training, response tools, and recovery materials for individuals, communities, and responders.

**Website:** <https://www.disastermh.nebraska.edu/>

### **Nebraska Family Helpline (DHHS)**

Provides 24/7 support, guidance, and referrals for parents, caregivers, and families navigating behavioral health and family challenges.

**Website:** <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

**Phone:** 1-888-866-8660

### **Nebraska DHHS Network of Care Portal**

Provides a searchable directory of behavioral health services, resources, and support programs across Nebraska for individuals, families, and providers.

**Website:** <https://portal.networkofcare.org/NebraskaBehavioralHealth>

## **SAMHSA Disaster Distress & Coping Resources**

Provides national resources, tools, and guidance to support behavioral health, resilience, and recovery for individuals and communities affected by disasters.

**Website:** <https://www.samhsa.gov/technical-assistance/dtac/resources>

## **American Red Cross – Disaster Training**

Offers online and in-person disaster preparedness and response trainings, equipping volunteers, responders, and community members with skills to support individuals and communities during emergencies.

**Website:** <https://www.redcross.org/take-a-class/disaster-training>

# **LOCAL AND REGIONAL SUPPORT**

## **DHHS Regional Behavioral Health Administrators**

Support coordination of behavioral health and substance use services across Nebraska, including crisis response, community-based care, and access to local providers and supports.

### **Region 1 Behavioral Health Services (Northwest Nebraska)**

**Website:** <https://www.region1bhs.net/> ..... **308-635-3173**

### **Region 2 Behavioral Health Services (North Central Nebraska)**

**Website:** <https://www.r2hs.com/> ..... **308-534-0440**

### **Region 3 Behavioral Health Services (Northeast Nebraska)**

**Website:** <https://www.region3.net/> ..... **308-237-5113**

### **Region 4 Behavioral Health System (Central Nebraska)**

**Website:** <https://region4bhs.org/> ..... **402-370-3100**

### **Region 5 Systems (Southeast Nebraska)**

**Website:** <https://region5systems.net/> ..... **402-441-4343**

### **Region 6 Behavioral Healthcare (Douglas & Sarpy Counties)**

**Website:** <https://www.regionsix.com/> ..... **402-444-6573**

## **Western Community Health Resources**

Provides mental health, substance use, and community support services for individuals and families in western Nebraska.

**Phone:** **308-432-8979**

## **West Central District Health Department**

Provides public health services, emergency response information, and community resources to support health and safety during disasters.

**Phone:** **308-696-1201**

## **Local Community Supports**

Local churches, schools, and community organizations may offer immediate assistance, shelter, supplies, and emotional support during disaster response and recovery. Faith-based supports can be found through directories such as FaithStreet ([faithstreet.com](http://faithstreet.com)) or through local community connections.

## FOR PROVIDERS

### **Nebraska Disaster Behavioral Health (UNL Public Policy Center / UNMC)**

Provides training, tools, and response resources, including Psychological First Aid (PFA), to support behavioral health professionals, responders, and communities across Nebraska before, during, and after disasters.

**Website:** <https://www.disastermh.nebraska.edu/>

### **Nebraska DHHS Behavioral Health Training**

Offers online trainings on trauma-informed care, crisis response, suicide prevention, and core behavioral health topics for Nebraska providers and community partners.

**Website:** <https://dhhs-dbhtraining.unl.edu/>

### **Nebraska Critical Incident Stress Management (CISM)**

Provides peer support, debriefing services, and training to help first responders and emergency personnel manage stress and trauma following critical incidents.

**Website:** <https://dhhs.ne.gov/Pages/EHS-Critical-Incident-Stress-Management.aspx>

### **AgriSafe Network – Mental Health Resources**

Provides training, tools, and resources to help providers support mental health and reduce stigma among farmers, ranchers, and agricultural communities.

**Website:** <https://www.agrisafe.org/healthcare/mental-health/>

### **BHECN Disaster Response Webinar Series**

Offers a collection of recorded webinars providing practical guidance on disaster behavioral health response for providers, responders, and community partners.

**Website:** <https://vimeo.com/channels/1456048>

### **SAMHSA Disaster Preparedness, Response, and Recovery**

Provides guidance, tools, and resources to support behavioral health preparedness, response, and recovery for providers and communities impacted by disasters.

**Website:** <https://www.samhsa.gov/mental-health/disaster-preparedness>

## FOR YOUTH

### **Nebraska Family Helpline (DHHS)**

Provides 24/7 support, guidance, and referrals for parents and caregivers.

**Website:** <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

**Phone:** 1-888-866-8660

### **UNL Fit & Healthy Kids – Wildfire Resources**

Provides practical guidance, activities, and tips to help children and families stay safe, cope, and maintain well-being during wildfire events.

**Website:** <https://fitandhealthykids.unl.edu/wildfire/>

### **SAMHSA – Children & Disaster Resources**

Provides evidence-based tools, tip sheets, and guidance to help caregivers, educators, and professionals support children's mental health before, during, and after disasters, including resources such as *Tips for Talking with Children & Youth After a Disaster* and *How to Support a Child Through Grief*.

**Website:** <https://www.samhsa.gov/technical-assistance/dtac/disaster-survivors/children>

### **National Child Traumatic Stress Network (NCTSN)**

Provides evidence-based resources, toolkits, and guidance to help children, families, and providers respond to trauma and disasters.

**Website:** <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters>

### **BHECN Disaster Response Webinar Series (Youth-Focused Content)**

Provides a curated set of webinars focused on supporting children and youth during and after disasters for providers, educators, and caregivers.

**Website:** <https://vimeo.com/channels/1456048>

## **STATE AND NATIONAL DISASTER GUIDANCE**

### **Nebraska Emergency Management Agency (NEMA)**

Coordinates statewide emergency preparedness, response, and recovery efforts, including disaster updates and resources for affected communities.

**Website:** <https://nema.nebraska.gov/>

### **SAMHSA Disaster Technical Assistance Center (DTAC)**

Provides national toolkits, training, and guidance to support behavioral health preparedness, response, and recovery for individuals, families, and communities affected by disasters.

**Website:** <https://www.samhsa.gov/technical-assistance/dtac/resources>

### **ASPR Behavioral Health Resources (HHS)**

Provides federal guidance, tools, and resources to support mental health, substance use, and stress management before, during, and after disasters for healthcare providers, responders, and community leaders.

**Website:** <https://aspr.hhs.gov/behavioral-health/Pages/default.aspx>

### **CDC – Wildfire Health & Safety**

Provides guidance on protecting physical health during wildfires, including air quality, smoke exposure, and safety precautions.

**Website:** <https://www.cdc.gov/wildfires/about/>

## **Need Immediate Support?**

**988 Suicide & Crisis Lifeline (Call or text nine-eight-eight)**

**Suicide & Crisis Lifeline | 24/7 • Free • Confidential**

**Website:** [988lifeline.org](https://988lifeline.org)

## Behavioral Health Disaster Resources – Quick Reference

For immediate use by providers, responders, and community partners

### IMMEDIATE SUPPORT

- 988 Suicide & Crisis Lifeline | Call or text nine-eight-eight | 24/7, free, confidential support
- Nebraska Rural Response Farm Hotline | 1-800-464-0258 | <https://farmhotline.com/>

### LOCAL & COMMUNITY SUPPORT (Share with clients)

- Nebraska Family Helpline | 1-888-866-8660 | [dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx](https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx)
- Region 1 Behavioral Health Services (Northwest Nebraska) | (308) 635-3173 | <https://www.region1bhs.net/>
- Region 2 Behavioral Health Services (North Central Nebraska) | (308) 534-0440 | <https://www.r2hs.com/>
- Region 3 Behavioral Health Services (Northeast/Central Nebraska) | (308) 237-5113 | <https://www.region3.net/>
- Region 4 Behavioral Health System (Northeast Nebraska) | (402) 370-3100 | <https://region4bhs.org/>
- Region 5 Systems (Southeast Nebraska) | (402) 441-4343 | <https://region5systems.net/>
- Region 6 Behavioral Healthcare (Douglas & Sarpy Counties) | (402) 444-6573 | <https://www.regionsix.com/>
- Western Community Health Resources | 308-432-8979
- West Central District Health Department | 308-696-1201
- Local & Community | Churches, schools, and community organizations may offer shelter, supplies, and emotional support.

### AGRICULTURE & RURAL SUPPORT

- Nebraska Extension Disaster Education | <https://disaster.unl.edu>
- Nebraska Cattlemen | <https://www.nebraskacattlemen.org/wildfire-resources?#Mentalhealth>
- AgriSafe Network – Mental Health & Safety | <https://www.agrisafe.org/healthcare/mental-health/>
- UNL Center for Agricultural Profitability | <https://cap.unl.edu/>

### PROVIDER & RESPONDER SUPPORT

- Nebraska Disaster Behavioral Health | <https://www.disastermh.nebraska.edu/>
- CISM (First Responder Support) | <https://dhhs.ne.gov/Pages/EHS-Critical-Incident-Stress-Management.aspx>
- DHHS Trainings | <https://dhhs-dbhtraining.unl.edu/>
- BHECN Disaster Webinars | <https://vimeo.com/channels/1456048>

### YOUTH & FAMILY SUPPORT

- Nebraska Family Helpline | 1-888-866-8660 | [dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx](https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx)
- UNL Fit & Healthy Kids | <https://fitandhealthykids.unl.edu/wildfire/>
- SAMHSA Youth & Disaster Resources | <https://www.samhsa.gov/technical-assistance/dtac/disaster-survivors/children>
- NCTSN (Child Trauma) | <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters>

### STATE & NATIONAL

- NEMA (NE Emergency Info) | <https://nema.nebraska.gov/>
- SAMHSA (DTAC) | <https://www.samhsa.gov/technical-assistance/dtac/resources>
- ASPR (HHS) | <https://aspr.hhs.gov/behavioral-health/Pages/default.aspx>
- CDC Wildfire Safety | <https://www.cdc.gov/wildfires/about/>