

# Resources in Response to Tragedies

In the wake of harrowing tragedies, anyone can experience a trauma response—even if they were not directly involved in the event. The signs don't necessarily manifest themselves right away. They may appear later. But we can help. All of us can help someone who struggles with trauma—whether you work in the medical community, you are just another caring individual, or you are a mental health or addictions provider. The following resources and supports are specific to responding to a traumatic event.

Some resources available from the [National Council for Behavioral Health](#):

- \* INFOGRAPHIC: [10 Signs A Person May Be Experiencing Trauma](#)
- \* INFOGRAPHIC: [10 Tips to Help Someone Experiencing Trauma](#)

From the [Substance Abuse and Mental Health Services Administration](#): Coping with Grief after Community Violence <http://store.samhsa.gov/shin/content/SMA14-4888/SMA14-4888.pdf>

## Mental Health Support & Crisis Hotlines

**Nationwide Suicide Crisis Hotline** (24 Hour Crisis Line): 1.800.SUICIDE

**Alameda County Crisis Support Services** (24 Hour Crisis Line): 1.800.309.2131

**Alameda County ACCESS**: 1.800.491.9099

**Berkeley Crisis Assistance Mobile Crisis Team** (10:30am – 11pm): 510.981.5254 (8am – 4pm; Mon –Fri; non-life threatening crisis): 510.981.5244

**Contra Costa County ACCESS**: 1.888.678.7277; **24 Hour Crisis Line**: 1.800.833.2900

**San Francisco County ACCESS**: 1.888.246.3333; **24 Hour Crisis Line**: 415.781.0500

**San Mateo County ACCESS**: 1.800.686.0101; **24 Hour Crisis Line**: 650.573.2662

Serving Alameda County: 24-hour **Parent Support Hotline**: 1.800.829.3777, Family Paths <http://familypaths.org/>

## Trauma Informed Care Websites:

Bay Area Region -Trauma Transformed: <http://www.t2bayarea.org/>

Alameda County Behavioral Health Care Services -Trauma Informed Care:

<https://alamedacountytraumainformedcare.org/>

## Additional Websites

Alameda County Behavioral Health Care Services <http://www.acbhcs.org/>

Substance Abuse and Mental Health Services Administration <http://www.samhsa.gov/>

The National Child Traumatic Stress Network <http://www.nctsn.org/>