

## ASPR TRACIE Technical Assistance Request

**Request Receipt Date (by ASPR TRACIE):** 16 May 2019

**Response Date:** 17 May 2019

**Type of TA Request:** Complex

### Request:

The requestor asked ASPR TRACIE for any information on the mental/behavioral health impact or implications of measles, specifically Substance Abuse and Mental Health Services Administration (SAMHSA) materials. She also noted she was looking for educational materials on coping with an outbreak.

### Response:

The ASPR TRACIE Team reached out to subject matter experts and conducted an online search for related SAMHSA resources. This response includes relevant tip sheets (listed alphabetically by title; also available in Spanish).

We also encourage the requestor to share information about SAMHSA's [Disaster Distress Helpline](#) with the community. This national helpline is run 24/7, 365-days-a-year, and is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Users can call 1-800-985-5990 or text "TalkWithUs" to 66746 (standard rates may apply) to connect with trained crisis counselors for free support, available 24/7/365. Translation services are also available.

### SAMHSA Resources on Coping with Disease Outbreaks

[Coping with Stress During Infectious Disease Outbreaks – 2014 \(Spanish – 2016\)](#).

This fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.

[How to Cope With Sheltering in Place – 2014 \(Spanish – 2016\)](#).

This fact sheet provides tips for coping with sheltering in place (during an outbreak or other emergency situation). It explains common reactions when sheltering in place, and provides recommendations for caring for oneself and the family.

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak – 2014 \(Spanish – 2016\)](#).

This fact sheet explains social distancing, quarantine, and isolation in the event of an infectious disease outbreak. It discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience.

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks – 2014 \(Spanish – 2016\).](#)

This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.