The requestor asked ASPR TRACIE if there was a Psychological First Aid (PFA) app or similar disaster behavioral health resource available in Spanish.

Response:

After consultation with partners from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Centers for Medicare & Medicaid Services, it was determined that a specific app in Spanish was not available. However, the PFA app would be a good option if it could be translated into Spanish. SAMHSA staff indicated they would share the request to translate this app in Spanish with leadership.

In the meantime, the ASPR TRACIE Team reviewed existing resources and TA responses for relevant resources (listed below). Many can be found on our Disaster Healthcare Resources Available in Spanish Page (which include a section with links to DBH resources).

Section I includes DBH resources available in Spanish; Section II provides additional resources related to disasters, also available in Spanish, which may be helpful for the requestor to share.

I. DBH Resources Available in Spanish


This resource identifies common responses to trauma among children, and what parents can do to help children cope. It is also available in Spanish:


This webpage provides links to multiple resources in Spanish related to substance abuse and mental health issues. Several of them relate to coping with disasters.


Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2013). *Tips for College Students: After a Disaster or Other Trauma.* U.S. Department of Health and Human Services.

This fact sheet can help college students cope with disasters by describing reactions they may face when dealing with a traumatic event and encouraging them to talk about their feelings. It is also available in Spanish: [https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH](https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH).

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). *Helping Staff Manage Stress When Returning to Work.*

This tip sheet includes tips supervisors can use to help ease the transition and manage stress for disaster response workers returning to work, recognize and reduce potential difficulties in the workplace, and enhance positive consequences for all staff. It is also available in Spanish: [http://store.samhsa.gov/product/Tips-for-Supervisors-of-Disaster](http://store.samhsa.gov/product/Tips-for-Supervisors-of-Disaster).
Responders-Helping-Staff-Manage-Stress-When-Returning-To-Work-Spanish-Version-/SMA14-4871SPANISH


This fact sheet describes warning signs of substance use disorders specifically among disaster response workers. It identifies physical, emotional, social, behavioral, and mental indicators, and provides information on when people should seek help. It is also available in Spanish: [https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Identifying-Substance-Misuse-In-The-Responder-Community-Spanish-Version-/SMA14-4874SPANISH](https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Identifying-Substance-Misuse-In-The-Responder-Community-Spanish-Version-/SMA14-4874SPANISH).


This tip sheet presents a series of personal stress prevention and management skills disaster responders and emergency healthcare providers can practice before called upon to respond. It is also available in Spanish: [https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH](https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH).


This four-page fact sheet offers tips to help disaster response workers transition back to routine work. It is also available in Spanish: [https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Returning-to-Work-Spanish-Version-/SMA14-4870SPANISH](https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Returning-to-Work-Spanish-Version-/SMA14-4870SPANISH).


This tip sheet is geared towards disaster responders and can help them understand the signs of compassion fatigue (CF). It highlights tips for preventing and coping with CF and links to helpful resources. It is also available in Spanish: [https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH](https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH).


This fact sheet provides tips for families of disaster response workers who are returning home and trying to adjust to daily life post disaster. It identifies signs of stress and
information on when to seek help. It is also available in Spanish: https://store.samhsa.gov/product/Tips-for-Families-of-Returning-Disaster-Responders-Adjusting-To-Life-At-Home-Spanish-Version-/SMA14-4872SPANISH.


This fact sheet provides tips for survivors of traumatic events and helps them learn to prevent or manage stress. It is also available in Spanish: https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH.


This resource includes discusses the long-term impact of trauma, including personal uncertainties, family relationship changes, work disruptions, and financial concerns. Tips for overcoming these challenges are included.Also available in Spanish: http://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Traumatic-Event-What-to-Expect-in-Your-Personal-Family-Work-and-Financial-Life-Spanish-Version-/SMA13-4775SPANISH


This website, available in Spanish, provides links to information on the basics of mental health, symptoms of a variety of disorders, tips for talking about mental health, and strategies for getting help.


This three-page tip sheet includes information that can help first responders provide support to pregnant women who have been abused or raped following a disaster. It provides links to resources for referrals to additional supportive resources and is also available in Spanish: https://www.phe.gov/Preparedness/planning/abc/Documents/1st-responder-factsheet-spanish.pdf.
II. Other Helpful Emergency Preparedness Resources in Spanish


This SAMHSA webpage provides links to multiple resources in Spanish related to substance abuse and mental health issues. Several of them relate to coping with disasters.


This three-page tip sheet includes information for first responders who may need to provide support to pregnant women who have been abused or raped following a disaster. It provides resources for referrals to additional support as well. It is also available in Spanish: “PERSONAL DE EMERGENCIAS: Apoyo para Embarazadas Sobrevivientes de Abuso o Violación Durante Desastres.”


This webpage provides links to disaster-related resources available in a variety of languages, including Spanish.


This webpage provides links to hazard-specific resources (e.g., mold, earthquakes, hurricanes, and air pollution). A section on disaster preparation and recovery is included.


This resource is for healthcare providers who may be helping pregnant women cope with stress during the Zika outbreak. It includes communication and other tips, along with other tools and resources. It is also available in Spanish: “Cómo Educar A Las Embarazadas Sobre El Manejo Del Estrés Durante El Brote Del Virus Del Zika: Información Para Proveedores De Cuidado De Salud.”

This resource includes information for healthcare providers to ensure that patients who are older or have disabilities meet the requirements for safe, post-disaster discharge planning. It is also available in Spanish: “Consejos para la Planificación del Alta de los Adultos Mayores y las Personas Con Discapacidades.”


This webpage provides posters, flyers, and fact sheets in various languages related to several public health issues, such as mosquito bite prevention or dealing with the aftermath of a hurricane. Users can filter the results by selecting a language, including Spanish.