

## Web Resources for Behavioral Health and H1N1

In considering the behavioral health needs and implications of H1N1 Pandemic Flu this season, Flu.gov should serve as the leading source of information and guidance. In responding to the behavioral health impact of H1N1, it will be important to address general anxiety and stress experienced by the public, the coping and emotional well-being of patients and their caregivers, and issues surrounding grief. The additional resources included in this list can supplement the information currently on Flu.gov (<http://www.flu.gov/>).

### GENERAL GUIDANCE

1. “Managing Your Anxiety About H1N1 Flu (Swine Flu)”  
Available at <http://www.apahelpcenter.org/articles/article.php?id=194>
2. “Health Behaviors to Decrease Risk of Flu Transmission”  
Available at [http://www.centerforthestudyoftraumaticstress.org/csts\\_items/CSTS\\_health\\_behaviors\\_decrease\\_risk\\_flu\\_transmission.pdf](http://www.centerforthestudyoftraumaticstress.org/csts_items/CSTS_health_behaviors_decrease_risk_flu_transmission.pdf)
3. “Mental Health and Behavioral Guidelines for Response to a Pandemic Flu Outbreak”  
Available at [http://www.centerforthestudyoftraumaticstress.org/csts\\_items/CSTS\\_mental\\_health\\_behavioral\\_guidelines\\_response\\_to\\_pandemic\\_flu\\_outbreak\\_dcoe.pdf](http://www.centerforthestudyoftraumaticstress.org/csts_items/CSTS_mental_health_behavioral_guidelines_response_to_pandemic_flu_outbreak_dcoe.pdf)
4. “Preparing for a Swine Flu (H1N1) Pandemic- Coping and Emotional Well-Being”  
Available at [http://www.redcross.org/www-files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf?utm\\_source=BRCR&utm\\_medium=PDF&utm\\_campaign=Flu\\_CopingTips](http://www.redcross.org/www-files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf?utm_source=BRCR&utm_medium=PDF&utm_campaign=Flu_CopingTips)
5. “BeRedCrossReady: Flu Checklist”  
Available at [http://www.redcross.org/www-files/Documents/pdf/Preparedness/SeasonalFluChecklist.pdf?utm\\_source=BRCR&utm\\_medium=PDF&utm\\_campaign=Flu\\_Checklist](http://www.redcross.org/www-files/Documents/pdf/Preparedness/SeasonalFluChecklist.pdf?utm_source=BRCR&utm_medium=PDF&utm_campaign=Flu_Checklist)
6. “Pandemic Flu: What You Should Know”  
Available at <http://www.chop.edu/export/download/pdfs/articles/vaccine-education-center/vaccine-images-vec-influ-tear.pdf>
7. “H1N1 and Seasonal Flu Vaccination Information”  
Available at [http://www.centerforthestudyoftraumaticstress.org/csts\\_items/H1N1\\_Vaccination.ppt#718,5,H1N1\\_and\\_Seasonal\\_Flu\\_Vaccination\\_Information](http://www.centerforthestudyoftraumaticstress.org/csts_items/H1N1_Vaccination.ppt#718,5,H1N1_and_Seasonal_Flu_Vaccination_Information)

### CHILDREN

8. “Pandemic Flu Fact Sheet: A Parent’s Guide to Helping Families Cope with a Pandemic Flu”  
Available at [http://www.nctsn.org/nctsn\\_assets/pdfs/Pandemic\\_Flu\\_Factsheet.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Pandemic_Flu_Factsheet.pdf)
9. “Promoting Adjustment and Helping Children Cope”  
Available at <http://www.aap.org/disasters/adjustment.cfm>
10. “Disaster Mental Health Institute Educational Material webpage”  
Available at <http://www.usd.edu/arts-and-sciences/psychology/disaster-mental-health-institute/educational-material.cfm>

11. "Caring for Children During the Flu Season"  
Available at [http://www.centerforthestudyoftraumaticstress.org/csts\\_items/CTC\\_caring\\_for\\_children\\_during\\_flu\\_season\\_dcoe.pdf](http://www.centerforthestudyoftraumaticstress.org/csts_items/CTC_caring_for_children_during_flu_season_dcoe.pdf)
12. "Public Health Games for Kids"  
Available at <http://www.scrubclub.org/home.aspx>
13. "Helping Children Cope with Fear and Anxiety"  
Available at <http://mentalhealth.samhsa.gov/publications/allpubs/CA-BKMARKR02/default.asp>
14. "At the Hospital: Helping My Child Cope (General)"  
Available at [http://www.healthcaretoolbox.org/pdf/Hospital\\_Child\\_General.pdf](http://www.healthcaretoolbox.org/pdf/Hospital_Child_General.pdf)  
  
"At the Hospital: Helping My Child Cope (Illness)"  
Available at [http://www.healthcaretoolbox.org/pdf/Hospital\\_Illness\\_Child.pdf](http://www.healthcaretoolbox.org/pdf/Hospital_Illness_Child.pdf)  
  
"At the Hospital: Helping My Teen Cope (General)"  
Available at [http://www.healthcaretoolbox.org/pdf/Hospital\\_Teen\\_General.pdf](http://www.healthcaretoolbox.org/pdf/Hospital_Teen_General.pdf)  
  
"At the Hospital: Helping My Teen Cope (Illness)"  
Available at [http://www.healthcaretoolbox.org/pdf/Hospital\\_Illness\\_Teen.pdf](http://www.healthcaretoolbox.org/pdf/Hospital_Illness_Teen.pdf)  
  
"After the Hospital: Helping My Child Cope"  
Available at [http://www.healthcaretoolbox.org/pdf/After\\_the\\_hospital\\_child.pdf](http://www.healthcaretoolbox.org/pdf/After_the_hospital_child.pdf)  
  
"After the Hospital: Getting Back to a Schedule"  
Available at [http://www.healthcaretoolbox.org/pdf/After\\_Hospital\\_Tracy.pdf](http://www.healthcaretoolbox.org/pdf/After_Hospital_Tracy.pdf)

## **BUSINESS AND MEDIA**

15. "Will the H1N1 Flu Change the Way We Work?"  
Available at <http://www.phwa.org/resources/goodcompany/blog/2009/05/will-the-h1n1-flu-change-the-w.php#>
16. "Communicating in a Crisis: Risk Communication Guidelines for Public Officials, 2002"  
Available at <http://www.riskcommunication.samhsa.gov/index.htm>
17. "Tips for Media Covering Traumatic Events"  
Available at [http://www.nctsnet.org/nccts/nav.do?pid=ctr\\_aud\\_mdia\\_tips](http://www.nctsnet.org/nccts/nav.do?pid=ctr_aud_mdia_tips)

## **GRIEF**

18. "Guidelines for Responding to the Death of a Student or School Staff"  
Available at <http://www.cincinnatichildrens.org/assets/0/78/1067/4357/4389/2fa07dc5-0e85-4495-aa9c-2b31fd837ba1.pdf>
19. "Helping Children and Adolescents Deal with Grief"  
Available at <http://www.usd.edu/arts-and-sciences/psychology/disaster-mental-health-institute/upload/helping-kids-with-grief.pdf>
20. "How to Deal with Grief"  
Available at <http://mentalhealth.samhsa.gov/disasterrelief/publications/allpubs/KEN01-0104/default.asp>