


# DISASTER RESOURCE NETWORK



**APA's Disaster Resource Network (DRN)** is a group of approximately 2,500 psychologists across the U.S. and Canada helping individuals and communities prepare, respond and recover from disaster. Psychologists engaged in the DRN are volunteers and trained in disaster mental health. APA and state, provincial and territorial psychological associations partner with established disaster services organizations, such as the American Red Cross and state/provincial emergency management agencies, to facilitate psychologists' participation.

## Psychologists in the DRN help their communities to:

- prepare before disaster strikes
- take steps to address their emotional distress in the midst of tragedy
- build resilience skills to facilitate longer-term recovery

## DRN engagement includes a range of activities and time commitments.

In **30 minutes**, you could help your local community by:

- encouraging disaster relief workers in the field through supportive emails or texts
- offer follow up phone support to affected individuals in your community

In a **few hours**, you could help APA's DRN program by:

- reviewing tip sheets for the public on managing disaster related distress
- attending local meetings held by disaster response agencies or coalitions
- reading and summarizing disaster research to share with other APA members and the media

In **half a day**, you could mentor your colleagues and community by:

- presenting a workshop to local groups on disaster recovery
- teaching a disaster mental health course
- participating in local disaster drills

In **a day or more**, you could help affected communities by:

- volunteering to participate on a disaster relief operation
- fielding calls or supporting operators at a disaster call center

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**Psychologists who are active in the DRN truly make a difference in people's lives.**

Interested in participating in APA's Disaster Resource Network?  
Email [pracpr@apa.org](mailto:pracpr@apa.org) to get involved and learn more.