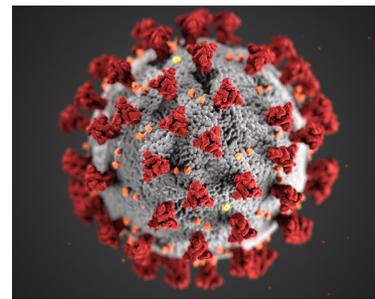


Nebraska

Disaster Behavioral Health Newsletter

Take Care of Yourself During the COVID-19 Outbreak

During the COVID-19 outbreak and government response to it, people may experience a range of emotions, including anxiety and concern about the unknown. The Substance Abuse and Mental Health Services Administration (SAMHSA) has issued guidelines for taking care of your mental and emotional health during the current outbreak. [This short handout](#) explains social distancing, quarantine, and isolation; common reactions to these measures; and what a person can do if they find themselves needing to implement these precautions. Use this information to take care of yourself and to educate others.



2020 Great Plains Disaster Behavioral Health Conference Update

The conference planning committee is monitoring the evolving emergency situation and, at this time, planning efforts are still in full swing. Registration will open for the Great Plains Disaster Behavioral Health Conference at an appropriate time. This conference provides learning opportunities for community professionals related to the psychological effects of emergencies, disasters, and mass casualty situations. The University of Nebraska Public Policy Center partners with state and local groups to plan and implement this regional conference.

Save the Date

**BUILDING
RESILIENCE**

LONG-TERM RECOVERY:
It's everyone's job

18th ANNUAL
**Great Plains Disaster
Behavioral Health
Conference**

Past conferences have covered topics ranging from mitigating violence to stress first aid. This year's conference is scheduled for July 21 and July 22 in Omaha, and will focus on long-term recovery and building resilience in

communities affected by the 2019 flood disaster and the COVID-19 pandemic. We will feature insights from a number of groups working hard to move communities through the long process of reconstruction; a panel discussion with long-term recovery groups; invited speakers presenting on community and individual recovery focusing on emotional and psychological challenges and solutions; and an opportunity for networking between local mental health professionals and experts in the field.

[Visit the Conference Site](#)

#NENEEDSYOU Campaign

The Nebraska Rural Youth Suicide Prevention Social Media Campaign Toolkit results from a collaboration between the Nebraska Department of Health & Human Services, Nebraska Extension, Region V Systems, Bryan Health, and Nebraska Children and Families Foundation. The campaign toolkit was launched in September 2019 as a resource available for rural communities and has a full suite of social media communication tools containing key messages to promote hope, resilience, and connectedness among rural adolescent youth to prevent suicide.



The Nebraska Rural Youth Suicide Prevention Social Media Campaign Toolkit contains animated GIFs, messages for Facebook, Instagram, and Twitter. The tool box also contains resources for youth to use in supporting resiliency.

[See the Toolkit](#)

If you would like us to publicize your disaster behavioral health related event, please email shoffman@nebraska.edu by **June 2, 2020**.

Have Questions?

[Visit the Disaster Behavioral Health Website](#)



Connect with us

