

How do people respond to natural disasters and emergency events – at the time and over the long term?

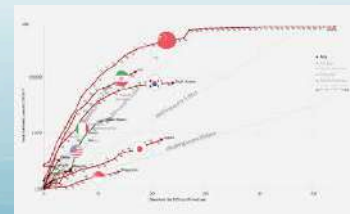
Disaster

A disaster is a sudden, calamitous event that seriously **disrupts the functioning** of a community or society and causes human, material, and economic or environmental losses that **tests or exceeds the community's** ability to cope using its own resources.

International Federation of the Red Cross and Red Crescent Societies
AIDR
UNDRR

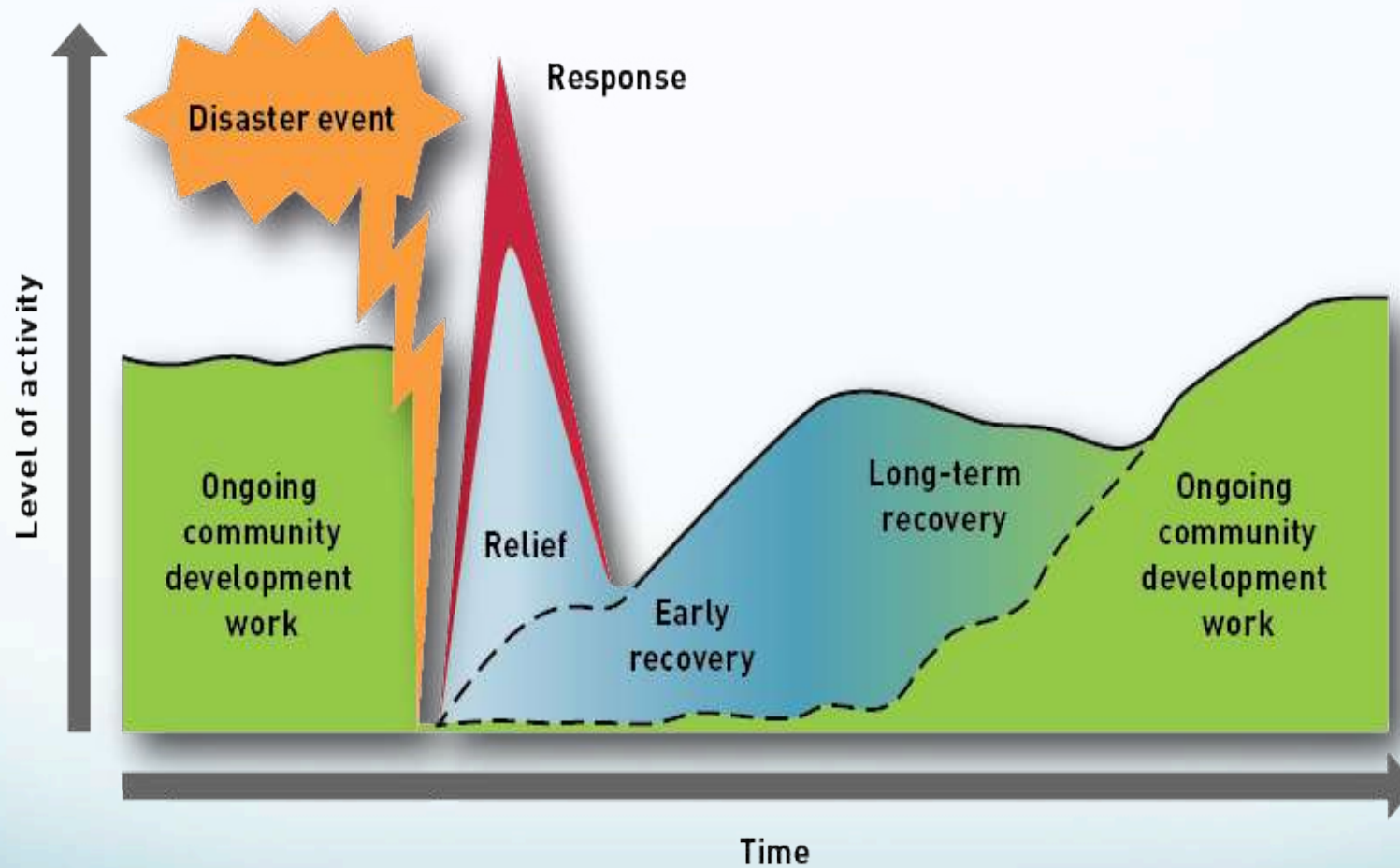


disaster

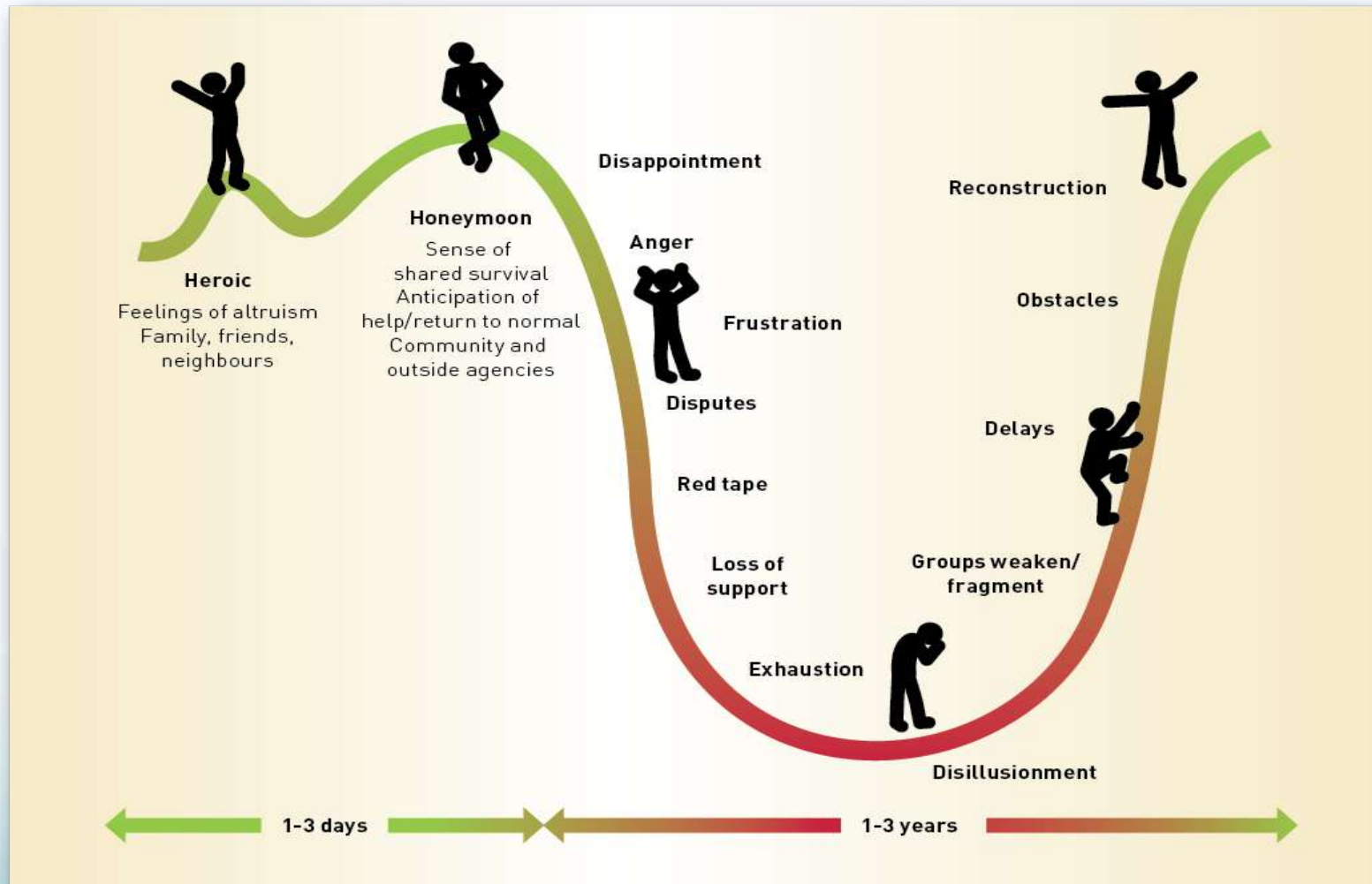


disaster





Community Recovery Handbook (AIDR) 2018



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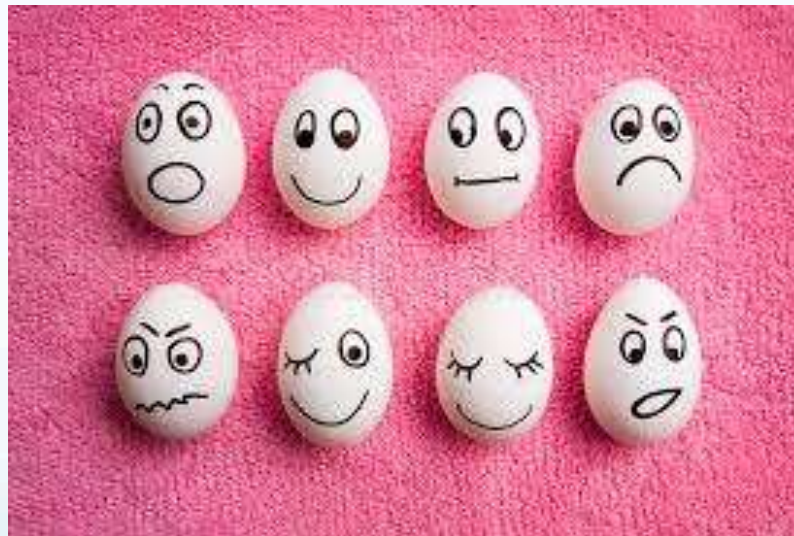
Varied human responses...

Overwhelmed
Disinterested
Frustrated

Jubilant
Helpful
Lost

Confused
Practical
Proud

Stoic
Angry
...



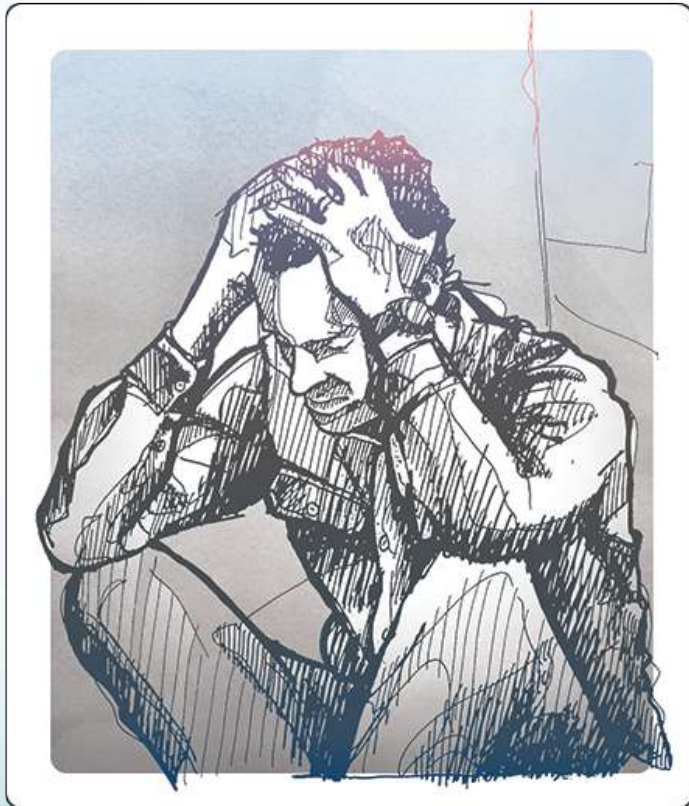
Anxiety, Depression, Self-harming, Violent, Obsessive,
Compulsive, Addictive.....Renewal, Transformation...

Psychological First Aid

- Promote safety
- Promote calm
- Promote connectedness
- Promote self (and community) efficacy
- Promote hope



Mental Health First Aid



- Assess for risk of suicide or harm
- Listen non-judgementally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Resilience

The ability of a system, community or society exposed to hazards to **resist, absorb, accommodate, adapt to, transform and recover** from the effects of a hazard in a timely and efficient manner, including through the preservation and restoration of its essential basic **structures and functions.**

UNDRR

