

# Emotionally Challenging Research Resources

Here are some additional resources that can be used to support extreme events researchers engaged in emotionally challenging research.

These include additional readings, tools, support hotlines, and other web resources.

## Additional Readings

Emotions and Research:

- [Emotions and Research](#)
- [Self-Care and the Qualitative Researcher: When Collecting Data can Break your Heart](#)

Mindfulness for Extreme Events Researchers:

- [The Relevance of Mindfulness Practice for Trauma-Exposed Disaster Researchers](#)
- [Active Hope: How to Face the Mess We're in Without Going Crazy](#)

Vicarious Trauma

- [Seeing 'the Dark Passenger' — Reflections on the Emotional Trauma of Conducting Post-Disaster Research](#)
- [Vicarious Traumatization: A Framework for Understanding the Psychological Effects of Working with Victims](#)

## Mental Health Support

Tools

- [The Compassion Fatigue Workbook : Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization](#)
- [Idaho State University ProQOL Self Care Pocket Cards](#)
- [SAMHSA Behavioral Health Disaster Response Mobile App](#)

Hotlines

- [National Suicide Prevention Lifeline](#)
  - Toll-Free 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (1-800-799-4889)
- [SAMHSA Disaster Distress Helpline](#)
  - Toll-Free 1-800-985-5990 or Text "TalkWithUs" to 66746

- [Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center \(SAMHSA DTAC\)](#)
  - Toll-Free 1-800-308-3515

#### Treatment Locators

- [SAMHSA Mental Health Treatment Facility Locator](#)
  - Toll-Free: 1-800-789-2647 (English and Español); TDD: 1-866-889-2647
- [SAMHSA Substance Abuse Treatment Facility Locator](#)
  - Toll-Free: 1-800-662-HELP (1-800-662-4357) (24/7 English and Español); TDD: 1-800-487-4889

## Other Resources

- [Greater Good Science Center at Berkeley University's The Greater Good Magazine – Science-Based Insights for a Meaningful Life](#)
- [The Center for Nonviolent Communication](#)

## Other CONVERGE Resources

- [CONVERGE Extreme Events Reconnaissance and Research Networks](#)
- [CONVERGE Extreme Events Research Check Sheets Series](#)
- [CONVERGE Training Modules](#)
- [CONVERGE Training Modules Annotated Bibliographies](#)
- [CONVERGE Training Modules Assignment Bank](#)
- [CONVERGE Webinars and Virtual Forums](#)
- [CONVERGE COVID-19 Resources](#)

