

Emotionally Challenging Research Resources

The following is list of resources related to emotional challenges in hazards and disaster research and practice. This list includes websites, tools, and other relevant resources that can be accessed through the embedded hyperlinks.

Additional Readings

- **Emotions and Research:**
 - [Emotions and Research](#)
 - [Self-Care and the Qualitative Researcher: When Collecting Data can Break your Heart](#)
- **Vicarious Trauma:**
 - [Vicarious Traumatization: A Framework for Understanding the Psychological Effects of Working with Victims](#)
- **Vicarious Trauma in Extreme Events Research:**
 - [Seeing 'the Dark Passenger' -- Reflections on the Emotional Trauma of Conducting Post-Disaster Research](#)
- **Mindfulness for Extreme Events Researchers:**
 - [The Relevance of Mindfulness Practice for Trauma-Exposed Disaster Researchers](#)

Workbooks

- [Active Hope: How to Face the Mess We're in Without Going Crazy](#)
- [The Compassion Fatigue Workbook : Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization](#)

Mental Health Support

- **Tools:**
 - [Idaho State University ProQOL Self Care Pocket Cards](#)
 - [SAMHSA Behavioral Health Disaster Response Mobile App](#)
- **Hotlines:**
 - [Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center \(SAMHSA DTAC\); Toll-Free 1-800-308-3515](#)
 - [SAMHSA Disaster Distress Helpline; Toll-Free 1-800-985-5990 or Text "TalkWithUs" to 66746](#)
 - [National Suicide Prevention Lifeline ; Toll-Free 1-800-273-TALK \(1-800-273-8255\); TTY: 1-800-799-4TTY \(1-800-799-4889\)](#)



- **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 Web 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](#)

