

Self-Care Preparedness

A toolkit for resilience before,
during, and after life's challenges



Davis
COUNTY
HEALTH
DEPARTMENT

Developed in partnership with:



Extension
UtahStateUniversity®



“Everyone goes through tough times in life. But many things can help you survive—and even thrive—during stressful periods.

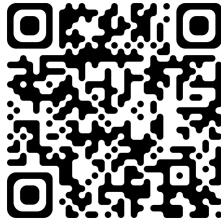
There’s no one-size-fits-all approach. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.”

National Institutes of Health



If you or someone you know is experiencing thoughts of suicide, or a mental health crisis, **please call or text 988** for immediate, free, confidential support 24 hours a day, 7 days a week.

Visit **selfcare.davislinks.org** or scan the QR code to access the web-based version of this toolkit.



For more information about this toolkit, call the Davis County Health Department at 801-525-5070.

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The art of resilience

Becoming more resilient is an art, and it improves with practice over time. The more resilient you become, the better you will be at adapting to life's challenges. Self-care is giving time and attention to your personal needs, and is an important part of resilience.

Like an artist uses different materials, colors, and supplies to create artwork, using a variety of self-care strategies helps you create a self-care or resilience plan that works for you.

When we improve our personal skills and create a plan, we also build overall resilience in our community. Having a plan helps individuals and communities recover after challenges, emergencies, or crises (events that can overwhelm our natural ability to cope).



Resilience is the ability to adapt to life's challenges with increased skills.

Resilience requires self-care, such as:

- giving time and attention to your personal needs
- practicing small self-care habits consistently, which is more effective than large ones that are done occasionally

Resilience skills include:

- identifying emotions
- using problem-solving skills
- valuing personal growth
- practicing self-management
- making caring and responsible decisions

These skills improve your ability to:

- prevent burnout
- adjust to emotional challenges
- cope with life's stresses
- recover from setbacks
- enjoy life



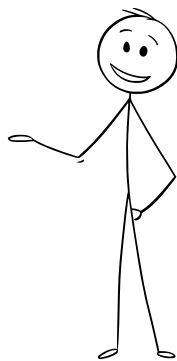
How to use this toolkit

This toolkit was created to help people strengthen skills and create a plan to maintain or improve well-being and adapt to life's challenges.

You will be guided through self-care areas that can help increase your resilience. Each area includes information and a reflection activity that will help you identify any changes you may want to make and strategies to include in an adjustable plan. It also includes helpful tools and resources. You are invited to write your thoughts as you go through this toolkit. Take each section one at a time at a pace that feels right for you.

By using this toolkit, you can:

- assess how you are doing
- find information and tips about specific areas of self-care
- create a self-care plan that is unique to you and your current needs
- identify helpful resources and a plan to use when crises and emergencies occur



Self-care areas

Each self-care area is color-coded for easy reference. To create a plan unique to you, begin with a self check-in by reflecting on these questions. Then visit the areas you want to explore further.

Sleep (page 5)

Do I get 7-9 hours of sleep each night?

Nutrition (page 7)

Am I fueling my body with water and balanced meals?

Movement (page 9)

Am I moving my body regularly?

Emotional well-being (page 11)

Am I aware of my emotions and how I handle them?

Connection (page 15)

Do I feel supported and connected to others?

Positivity (page 17)

Do I notice the good things around me?

Finances (page 19)

Do my money habits reflect my values?

Sleep

Sleep is our daily reset that allows our bodies to repair and relax. Try these tips to help you get quality sleep.

Consistency

Go to bed and wake up at the same time every day. Get sunlight in the morning to regulate your internal clock.

Sleep sanctuary

Sleep on a comfortable bed in a dark room with a cool temperature (60-68 degrees). Keep phones and other devices out of your bedroom.

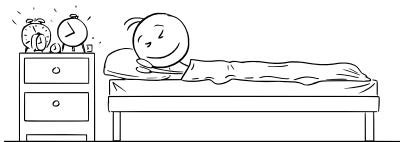
Disruptors

Finish heavy meals, nicotine, and alcohol at least 3 hours before bedtime. Avoid caffeine at least 8 hours before.

Relax and unwind

End screen time at least 30 minutes before bed. Try activities that help you relax: stretching, a warm bath or shower, journaling, reading, calm scents, or soft sounds.

New sleep habits can take some time and patience. If you need help, talk to your doctor.



What is working with your current sleep routine?



How many hours of sleep do you get per night?



Try adjusting your routine and environment to improve your sleep.

- Get sunlight in the morning
- Go to bed at ____:____ am/pm
- Wake up at ____:____ am/pm
- Avoid caffeine after ____:____ am/pm
- Turn off screens by ____:____ am/pm
- Adjust my sleeping area by _____
- Relax and unwind by _____



Did you know?

Quality sleep is essential for your brain, your mood, and overall well-being. Adults need 7-9 hours, while youth need 9-10 hours each night.

Nutrition

What you eat can support your mental health. Choosing mood-boosting foods like berries, whole grains, and fatty fish can enhance focus, joy, and resilience.

Mindful eating

Practice checking in with your body and notice hunger cue sensations. Slow down, savor food without distractions, and enjoy the smells, flavors, colors, and textures of food. Eat until you are satisfied.

Food and mood

Track your food and drink intake along with how you feel before, during, and after eating and drinking to look for possible connections.



Grab an extra package of your regular meal staples while grocery shopping to build a supply of food in case of an emergency such as a job loss or disaster.



Circle the nutritional areas you want to focus on.



nuts and seeds

brain & gut health,
nervous system



leafy greens

gut health,
feel-good hormones



berries

brain & gut health,
disease-fighting



fatty fish

brain health &
nervous system



water

hydration, focus,
stress response



reduce inflammation

limit processed foods,
saturated fats, & sugars

Did you know?



Nutrition guidelines recommend filling your plate with vegetables, fruits, whole grains, and lean protein, while limiting added sugar, saturated fats, and salt.

Movement

Moving your body regularly can help you prevent illness, enhance sleep, reduce stress, improve focus, manage cravings, and boost happiness.

No gym needed

You don't have to go to the gym to be active. Walking, dancing, playing, cleaning, stretching, gardening, and moving during screentime all provide health benefits.

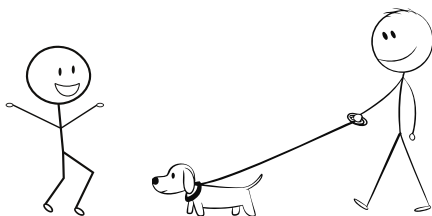
Stay active

Some tips to keep you moving include scheduling it on your calendar, finding a workout buddy, removing obstacles, keeping track of your progress, and rewarding yourself.

Go outside

Time spent in nature and the sun can reduce stress, improve mood, strengthen the immune system, enhance brain function, and help you sleep better.

Find activities you enjoy so you can stick with them. If you miss a few days, don't give up.



List some activities you enjoy that get you moving. Include a few that can be done outside.



My habit stack

Stack your habits. Add exercise to an existing habit, such as stretching while making dinner. This method uses established habits to trigger new ones. Perform the combined task and exercise daily to make the new behavior automatic.

Before/During/After I _____,
[current habit]

I will _____.
[new exercise]



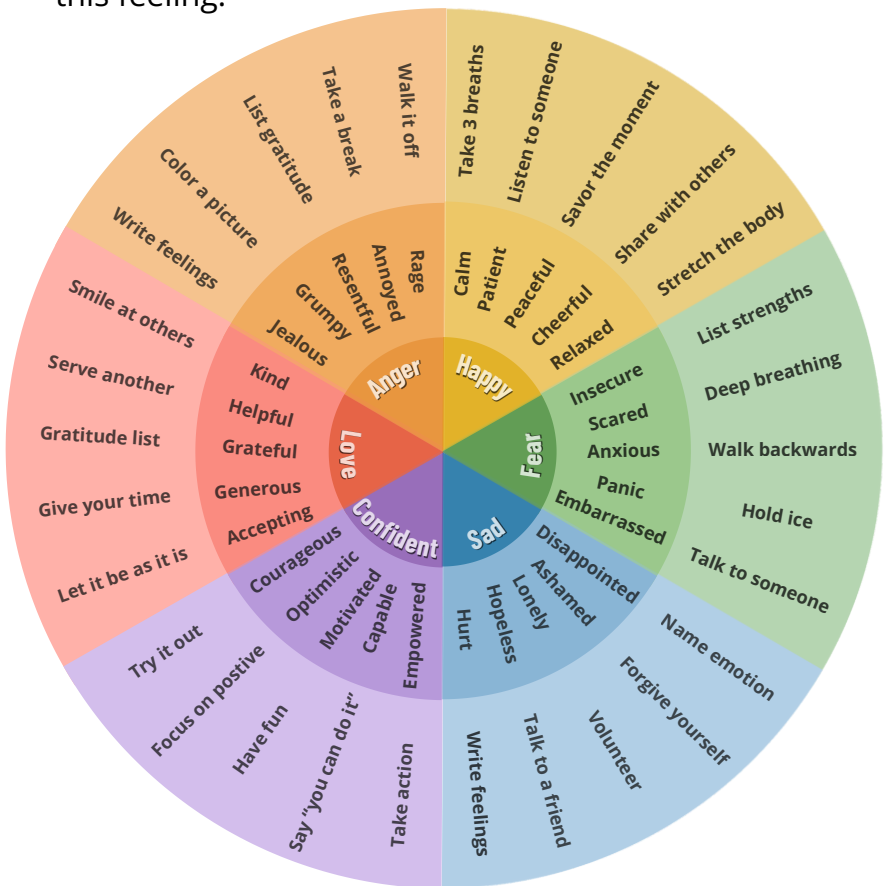
Did you know?

At least 2 ½ hours of physical activity per week provides health benefits. This could be 30 minutes 5 days per week, or even smaller bursts daily.

Emotional well-being

Noticing and naming your emotions with kindness can help you feel calmer, express your needs, and seek support when you need it. The wheel below can help you identify and process how you feel.

- Start in the center: Choose a word that describes how you feel right now.
- Move outward: Find a more specific word to pinpoint the feeling.
- Try the recommended action to help you process this feeling.

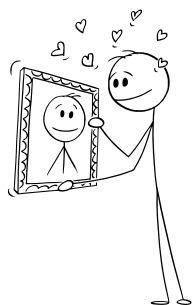


Self-compassion

Self-compassion means being kind to yourself, especially when things are hard. When you make a mistake or feel upset, pause and notice how you feel. Remind yourself that everyone struggles sometimes, and it's okay to not be perfect. Talk to yourself in a gentle, caring way, just like you would to a friend.

3-step self-compassion break

When facing a stressful moment, pause and take three deep breaths and go through these steps:



1. Acknowledge when something feels hard or difficult, without letting it take over.	<i>You could say things like, "This is hard." "This really hurts." "I feel stressed right now."</i>
2. Remind yourself that you are not alone.	<i>You could say, "Everyone has hard moments." "Others feel this way, too."</i>
3. Put a hand on your heart or do another action that feels comforting to you.	<i>You could say, "I will be kind to myself." "It's okay to make mistakes." "I accept myself as I am."</i>

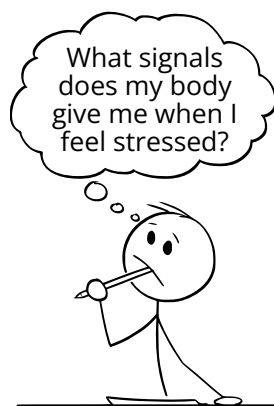
Emotional well-being

Mindfulness

Mindfulness is paying attention without judgment to what is happening right now, what you're thinking, feeling, and sensing in your body. When you pay attention without being hard on yourself, you can make better choices and take care of yourself.

Mindful pause practice (STOP)

1. **Stop** and be still. Close your eyes if you'd like.
2. **Take a breath.** Gently feel the presence of the breath in your body. How does it feel to inhale and exhale?
3. **Observe** thoughts, emotions, and physical sensations in your body. Notice if things feel pleasant, unpleasant, or neutral.
4. **Proceed** with care by asking yourself, "what do I need right now?"



Write down ways you can practice mindfulness in daily life.



Everyone uses coping tools to manage stress each day. Some tools are better for us than others. Check off the positive coping tools you currently use below. Circle a new one you want to try.

- | | |
|---|--|
| ☐ Deep breathing | ☐ Going for a walk |
| ☐ Stretching | ☐ Relaxing outside |
| ☐ Meditation | ☐ Listening to music |
| ☐ Exercising | ☐ Playing with a pet |
| ☐ Singing | ☐ Taking a shower or bath |
| ☐ Dancing | ☐ Engaging in a hobby |
| ☐ Reading | ☐ Socializing |

What will you say to yourself to show self-compassion?



Did you know?

There are many coping tools that can help you relax, de-stress, and focus on the present moment. Find one for you on pages 25-26.

Connection

Connection is the feeling of being seen, heard, and supported. It is essential for emotional and mental health, as well as overall resilience. Consider these different types of connections.

Connection to yourself

The relationship you have with yourself takes time to build. Be loving and patient.

Connection to others

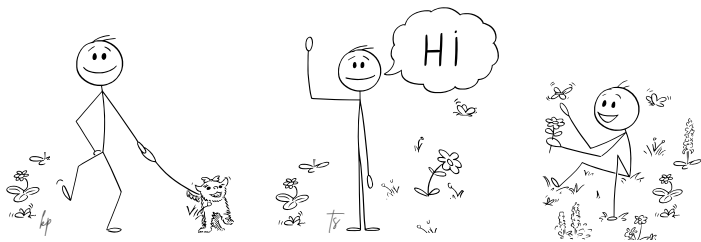
Strong social connections provide a sense of belonging, reduce feelings of isolation, offer support during challenging times, and can act as a buffer against stress, anxiety, and depression.

Connection to something bigger than yourself

Finding meaning through service, work, creativity, or spiritual practices can enhance life's purpose.

Connection to expert help & resources

Sometimes we need help from outside our circle, and that's ok! Seek professional support when feeling overwhelmed. Signs that additional help is needed can be found on page 28 and resources are on page 38.



What supportive relationships do you have in your life? What relationships would you like to develop?



Check the ways you like to connect.

- | | |
|---|--|
| ☐ Be present & listen | ☐ Schedule regular calls |
| ☐ Express gratitude | ☐ Take a class |
| ☐ Be yourself | ☐ Check out local events |
| ☐ Volunteer | ☐ Engage with neighbors |
| ☐ Practice forgiveness | ☐ Initiate conversations |
| ☐ Attend a support group | ☐ Reach out to others |
| ☐ Meet with a therapist | ☐ Prioritize interactions |



Did you know?

Connection can lead to better health and well-being. It protects us against health issues like heart disease, stroke, dementia, and depression.

Positivity

Positivity is the practice of seeking out the good around you, even in tough times. This mindset can lead to better energy, lower stress, and stronger resilience. Here are some simple ways to bring more positivity into your life.

Technology awareness

Be intentional about your media use. Consider taking a break from media the first and last hour of each day, or try going a few days without social media.

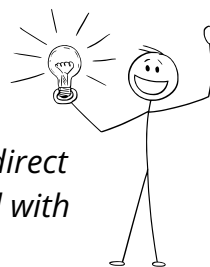
Laugh it up and get creative

Make time for laughter and creativity! Laughing reduces pain and anxiety, improves heart and lung health, and relaxes muscles. Getting creative with a hobby or project you enjoy helps you unwind and boosts your mood, confidence, and problem-solving skills.

Expressing gratitude

Writing down what you are thankful for each day and expressing appreciation trains your brain to notice and value the good things in life.

Playful activities like creative writing, board games, or sports help quiet the mind and redirect negative thoughts. Regular play is also linked with more life satisfaction and overall well-being.



What are you grateful for?



Glimmers are happy-making moments that bring joy! Reflecting on these moments helps us feel safe and calm. What are some glimmers to you?

- ☐ Cuddling a pet
- ☐ Rainfall sounds
- ☐ Favorite tastes or smells
- ☐ Watching a sunset or sunrise
- ☐ Hearing a favorite song
- ☐ A warm blanket on a cold day
- ☐ Other _____

What will help you notice and appreciate daily glimmers?

Did you know?



You can take Yale University's most popular class online for free. The Science of Well-Being teaches how to make wiser choices to live a life that's happier and more fulfilling.

Finances

When you experience financial problems, it can cause stress, depression, or anxiety and affect your health.

Review habits and money beliefs

The money lessons we learn as kids shape how we handle finances as adults. These early experiences can create lasting money habits. You can keep the helpful lessons and make other changes for the better.

Money management tips

- Write down what you bring in and what you spend
- Set up an automatic transfer to a savings account each time you're paid
- Instead of using a credit card, use a set amount of cash for fun money - when it's gone, it's gone
- Watch out for scams - if an offer seems too good to be true, it probably is
- Talk to an expert to prepare for your medical and financial future

Did you know?



To reduce overspending, try tracking impulse purchases to identify a cause, such as late-night scrolling or stress. Break the habit by unsubscribing from sales emails or removing saved credit card info from apps.

What is going well with your finances?
What could be improved?



Reduce debt

Maintain debt payments, and if possible, pay extra on the one charging the highest interest. There are multiple online tools to help you organize, optimize, and track your payoff timeline. You can find some free tools in the resource section on page 38.

Improve your money mindset

Keeping track of how you manage your finances is important, but have you tried tracking the different kinds of support and income that come your way? Jot down all the different types of income you receive each day to reflect on what you have, instead of what you don't.

<u>EARNED</u>	<u>SAVED</u>	<u>RECEIVED</u>
<i>paycheck</i>	<i>savings</i>	<i>free class</i>
<i>extra job</i>	<i>coupons</i>	<i>gifts</i>
<i>interest</i>	<i>sales</i>	<i>food pantry</i>

My self-care plan

Begin a self-care plan by recognizing your strengths and what has helped you overcome challenges in the past. These are some of the resilience skills you already have!

What are my strengths?

What has helped me overcome past challenges?

After reviewing the self-care areas, consider creating some goals that will help you maintain your well-being.

Example:

I will invite a friend to go hiking with me, and I will make sure to bring water and a snack.

☐ daily

☐ weekly

☒ monthly

The example above includes every self-care area.

 Burn energy to rest well

 Fuel for my body

 Hiking

 Mindfulness

 Go with a friend

 Enjoy nature

 Free activity

As shown in the example, write in the boxes below a few goals you can do daily, weekly, or monthly. Adjust or create new ones as needed.



☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

Review these goals on _____
(Date)

My self-care plan

(additional template)

After reviewing the self-care areas, consider some goals that will help you maintain or improve your well-being. To get the most benefit, try creating goals that cover more than one self-care area!

☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

Review these goals on _____
(Date)

Coping tools

We all cope in different ways, and each way makes sense as a way to get through a hard moment. Some habits support us over time, and others can wear us down, even when they help in the short term. Noticing your patterns without judgement can lead to more supportive coping.

Coping that supports you



- Consistently meeting your needs for sleep, nutrition, and health
- Reaching out - finding ways to connect, even from a distance
- Expressing feelings through journaling or talking
- Doing activities that bring joy or achievement like exercising, gardening, or listening to music
- Using compassionate self-talk - "It's okay to rest"
- Focusing on what you can control, such as what you can do about your feelings

Coping that can drain you over time



- Overdoing or neglecting basic needs like sleep, food, or medications
- Isolating yourself from loved ones and friends
- Numbing or masking negative feelings, including using drugs or alcohol
- Distracting yourself through excessive working, doomscrolling, exercising, or gaming
- Using negative self-talk or treating worries as facts
- Worrying about things you can't control

Coping tools

Mindful pause *Allows you to respond to challenges with greater clarity and skill rather than immediately reacting*



Pause and take a breath. Then ask yourself:

1. How am I feeling? (happy, mad, sad, scared)
2. Where do I feel this emotion in my body?
(butterflies in my stomach, heart beating fast)
3. What do I need to do to take good care of myself?
(mindful breathing, a snack, take a walk, journal)
4. How am I feeling now? (relaxed, calm, brave)

Rocking side to side *Helps the nervous system find balance*



Rock side to side in your seat gently and slowly. The rhythmic swaying side to side in your seat or on your feet, or going for a walk sends “all is well” calming signals to the brain.

Cyclic sighing *Reduces anxiety and improves mood*



To perform a cyclic sigh, inhale through your nose, almost filling your lungs. Next, make a shorter, deep inhale, fully expanding your lungs. Now, exhale slowly through your mouth. Repeat several times for about 5 minutes.

Get active *Releases serotonin, dopamine, and endorphins that can quickly boost your mood, energize you, and relieve anxiety*



Short bursts of activity can relieve tension in the moment. Go for a walk, do a few jumping jacks, yoga poses, dance, or play with a pet.

Grounding *Turns your attention from your thoughts to the present moment, using your 5 senses*



Start with breathing in and out slowly and deeply.



Then, name:



5 things you can see



4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

Breathing exercise *Reduces feelings of panic, stress, and physical tension*



Breathe in slowly through your nose for 3 seconds while saying to yourself, “my body is filling with calm.” Exhale slowly through your mouth for 3 seconds while saying to yourself, “my body is releasing tension.” Repeat 5 times.

Rose, thorn, bud *Helps claim your victories but acknowledge the suffering while identifying hope*



Name something good (rose), a challenge (thorn), and something you are looking forward to (bud). May be done at the end of each day, or as needed.

Check-in during a challenge

Sometimes it is hard to recognize that we are struggling and need to adjust our self-care. Check in with yourself and others often and seek help when needed.

How do I typically cope with life's demands?

How am I coping with life's demands now?

What are my warning signs that a challenge or crisis may be developing?

When to ask for help

Everyone needs help sometimes! It may be time to ask for help if you are experiencing the following consistently for more than 2 weeks.

Emotions or Changes	Yes	No
Persistent negative emotions like sadness, anxiety, or hopelessness		
Significant changes in sleep or eating habits		
Withdrawing from friends or loved ones		
Difficulty coping with daily life		
Increased substance use		
Thoughts of harming yourself or others		

You can talk to a trained counselor at any time for free by **calling or texting 988**. Don't be afraid to just check in if you are worried, need to talk to someone, or need help.

My emergency self-care plan

It can be hard to think of how to cope during a crisis or tough times. Answer the questions in this plan now to help you take care of yourself during an emergency later.

Write down positive things you can say to yourself when you are going through a hard time.

List who and what tends to drain you.

Write two things you can do to make your environment safer and more uplifting (increase light, consider safely storing medications and guns, organize your space).

1. _____
2. _____

What will help you feel better (focused breathing, listening to music, going for a walk)?

1. _____
2. _____
3. _____

List three people you can contact if you need support or connection (friend, sibling, parent, grandparent, therapist, religious leader).

Name and Contact Info

- 1. _____
- 2. _____
- 3. _____

List three professionals or agencies you can contact if needed (clinician, therapist, receiving center).
Visit davislinks.org for local resources.

Name and Contact Info

- 1. _____
- 2. _____
- 3. _____

Use the questions below to check in at the time of crisis.

Review your basic needs	Yes	No
Are you getting between 7-9 hours of sleep a night?		
Are you eating nutritious and regular meals?		
Are you drinking enough fluids to stay hydrated?		

If you answered no to any question, review the self-care areas and adjust where needed.

Recovery

Rebuilding control over your daily life is a gradual process and a core part of recovery. Here are some tips to get you started.

Be patient with yourself

Self-care after a crisis takes patience. Consider reviewing your original self-care plan to re-establish a gentle routine. Practice relaxation and connect with supportive friends or family. Be aware of when to ask for help, found on page 28.

Take small steps

Begin with manageable tasks you can easily complete. This will help you handle more responsibilities over time. Break larger tasks into smaller, more achievable steps. Utilize free apps, alarm reminders, or post-it notes to motivate and remind you to complete your daily activities.

Find meaning

Some people find meaning, and that can be part of healing, but there's no timeline. What did you learn? How can you help others?

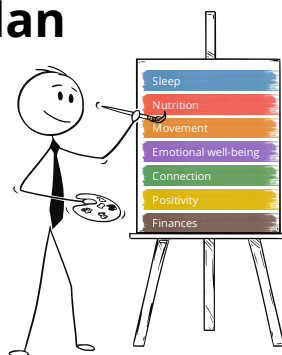
Update your self-care plan

Use the next page to make a simplified self-care plan that may better fit your current needs.

My updated self-care plan

Review your goals and adjust or create new ones that fit your current needs.

What is going well, and what am I grateful for?



☐ daily ☐ weekly ☐ monthly

☐ daily ☐ weekly ☐ monthly

Review these goals on _____
(Date)

Helping others

People experience life's challenges differently. What may be distressing for one person may not affect another. The following tips can guide you in offering practical help and connecting people with needed support and resources. As you help others, remember to take care of your own needs and well-being.

Reach out

- Compassionately reach out to offer help
- Ensure that you and others are physically safe

Safety & comfort

- Only relay current, accurate information and provide practical resources
- Encourage connection to others and gently support those who have lost loved ones
- Listen if they want to talk, but don't force them - follow their lead
- Avoid negative reminders of the event, including through media

Calm & stabilize

- Remain calm and stay close by to let them know you are available
- Remember that intense emotions and reactions are normal
- Help orient them to the surroundings if needed
- Suggest calming activities such as a walk, deep breaths, or a hug

Provide information to reduce stress

- What is currently known about the event
- What is being done to assist them
- Services available
- Post-disaster reactions and how to manage them
- Self-care, family care, and coping

Offer practical assistance

- Ask what they need
- Offer support (first aid, blanket, food, water)
- Make a plan to address needs

Connect with support

- Connect to family, friends, teachers, pets, or clergy
- Make direct contacts by walking with, calling, or setting up a meeting with the needed services
- Share local contacts for future services

*Adapted from NCTSN Psychological First Aid (PFA).
A simplified online course is available through the University of Minnesota PFA course.*

Causes of distress

Emotional distress can be caused by events perceived as overwhelming, harmful, or life-threatening. It is important to know the basics of what could be experienced emotionally during and after a crisis.

Some causes could include:

- major life change (job, family, home)
- personal or family losses
- injury or death of neighbors and friends
- not feeling safe and secure
- natural disasters or emergencies
- hearing about a distressing event second-hand or through the media

Common symptoms

- Loss of appetite
- Headaches, chest pain
- Diarrhea, stomach pain
- Blaming self or others
- Fatigue, low energy
- Feeling numb
- Feeling overwhelmed
- Problems with focus
- Problems with memory
- Denial
- Mood swings
- Feeling helpless
- Hyperactivity
- Nightmares
- Inability to sleep
- Fear of recurrence
- Sadness, depression
- Isolation

Helping my neighborhood

Well-connected communities are more resilient and respond and recover better in crises. Talk with your neighbors to find out how you can help each other.

- Visit beready.utah.gov to prepare your household for emergencies or disasters
- Sign up for local emergency alert notifications through Davis County Emergency Management
- Find out if any neighbors have specialized equipment, expertise, or specific needs
- Make a backup plan for children and pets in case you can't get home in an emergency

Use this table to note neighbor needs and resources.

Neighbor	Needs	Resources
<i>Name</i> <i>Contact information</i>	<i>needs power for ...</i> <i>has a small dog</i>	<i>has a generator</i> <i>has medical training</i>

During an emergency

- Take care of yourself and family first
- Make sure your home environment is safe
- Gather with neighbors to help each other
- Check local emergency alerts for resources

Self-care resources

Visit **selfcare.davislinks.org** or scan the QR code to access this toolkit and the following resources online.



Sleep

- Davis County Sleep Health Initiative
- Sleep Foundation - Sleep Health

Nutrition

- Mindful Eating
- Supplemental Nutrition Assistance Program (SNAP)
- Utah State University Extension Nutrition Education
- Women, Infants, and Children Program

Movement

- Davis County Staycation Guide
- Discover Davis - Things to do in Davis County

Emotional well-being

- Davis County Behavioral Health Resources
- Davis Mindfulness Center
- Guided Meditation Practices
- Mindfulness Toolkit Tip Sheets and Audio Lessons
- USU Extension Mental Health Resources

Connection

- Davis County Healthy Relationship Resources
- Healthy Relationships Utah
- Hidden Gems - Guides to Improve Connection
- Recipes for Connection

Positivity

- National Institute For Play
- Safe Technology Resources
- Self-Compassion Institute
- The Science of Well-Being

Finances

- Open Doors Self-Sufficiency Program
- PowerPay.org - Free Debt Reduction Calculator
- USU Extension Financial Wellness

Emergency preparedness

- Be Ready Utah - Disaster Psychology
- Davis County Emergency Management
- Davis County Health Department Emergency Preparedness
- Disaster Distress Helpline: 1-800-985-5990
- Psychological First Aid
- Ready.gov - Coping With Disaster

General

- Davis County Grief and Loss Resources
- Davis Links
- Intermountain Health - Credible Mind Resources
- Mental Health America Screening Tool

