**Sample Emails to Use in Distributing Disastershock Materials**

Feel free to modify these.

The easiest type of email to send has **no attachments**, but has links to our resources.

Very important: if possible send the email to a specific person.

Consider also: posting on social media.

**EXAMPLE 1: General Email**

Subject line: **Request for Assistance in Distributing Free Disaster Coping Materials**

**Dear (Name of Mental Health Professional or other person),**

I am a member of the Disastershock Global Response Team, an international humanitarian relief organization that provides free psychological aid materials for helping families cope with disaster-related stress. We are deeply saddened to learn of the (NAME OF DISASTER AND COUNTRY). We have a Disastershock manual which may be helpful with families in your country.

**Disastershock: How to Cope with the Emotional Stress of a Major Disaster**

This manual, originally developed at the University of San Francisco, was written for families to help children cope with disaster-related stress. It contains over 20 practical stress reduction exercises and has been endorsed by mental health professionals around the world.

[English Translation](https://www.disastershock.com/_files/ugd/e85353_ccb73c83b0f24454bd3375382048db4b.pdf)

(LIST THE LANGUAGE TRANSLATION FOR THAT COUNTRY IF WE HAVE IT)

We also have one page [TIP Sheets](https://www.disastershock.com/tip-sheets-1) in several languages on coping with disaster stress.

Here are links to additional disaster stress reduction materials that are on our website [disastershock.com](https://www.disastershock.com/) .

Would you be willing to share our resources with any persons or organizations that you think appropriate?

We are unfamiliar with how best to share disaster resources in your country and would be grateful for any assistance you could provide.

Thank you for considering this request.

Kindest regards,

YOUR NAME

Member: Disastershock Global Response Team

**Example 2: Bangladesh Flooding**

Subject line: **Request for Assistance in Distributing Free Disaster Coping Materials**

**Dear (Name of Mental Health Professional or other person),**

I am a member of the Disastershock Global Response Team, an international humanitarian relief organization that provides free psychological aid materials for helping families cope with disaster-related stress. We are deeply saddened to learn of the terrible flooding in Bangladesh. We have a Bengali translation of our Disastershock manual which may be helpful with families in your country.

**Disastershock: How to Cope with the Emotional Stress of a Major Disaster**

This manual, originally developed at the University of San Francisco, was written for families to help children cope with disaster-related stress. It contains over 20 practical stress reduction exercises and has been endorsed by mental health professionals around the world.

[Bengali Translation](https://www.disastershock.com/_files/ugd/e85353_26811e3a84e24e45b971d2ab1c11f122.pdf)

[English Translation](https://www.disastershock.com/_files/ugd/e85353_ccb73c83b0f24454bd3375382048db4b.pdf)

We also have one page [TIP Sheets](https://www.disastershock.com/tip-sheets-1) in several languages on coping with disaster stress.

Here are links to additional disaster stress reduction materials that are on our website [disastershock.com](https://www.disastershock.com/) .

Would you be willing to share our resources with any persons or organizations that you think appropriate?

We are unfamiliar with how best to share disaster resources in your country and would be grateful for any assistance you could provide.

Thank you for considering this request.

Kindest regards,

Your Name

Member: Disastershock Global Response Team

**Example 3: Sample email for Distribution to a School or School District**

Subject line: **Request for Assistance in Distributing Free Disaster Coping Materials**

Name of Person

Name of School

Dear ………………….

I am very sorry to learn of the tragic (mention specific disaster, e.g. school shooting, flood, earthquake) that affected your school community.

I am emailing to ask your assistance in helping stressed school personnel, students, parents, and families obtain access to free copies of two books written to help children and adults deal with disaster-related stress. These books were developed by members of the University of San Francisco Center for Child and Family Development and by members of the Disastershock Global Response Team.

Below you will find links to the two ebooks:

1. [**Disastershock: How Schools Can Cope with the Emotional Stress of a Major Disaster – A Manual for Principals and Teachers**](https://0918e4dd-d5c2-44d9-a202-5751c11fb33f.filesusr.com/ugd/e85353_3b1aecadb21b47dfad05c6d62d659e7f.pdf)**.** This book was written expressly for school personnel.

2. [**Disastershock: How to Cope with the Emotional Stress of a Major Disaster**.](https://0918e4dd-d5c2-44d9-a202-5751c11fb33f.filesusr.com/ugd/e85353_544270e65efa4353896d204450337f7f.pdf) This book was written for parents and professionals who work with children.

These  *Disastershock* books are unique and valuable in that they contain practical, step by step techniques to help parents, adults and children experience greater calmness in the face of ongoing stress caused by disasters. Translations of the parent *Disastershock* book in 26 languages are available at [disastershock.com](https://www.disastershock.com/download). This website also contains valuable stress reduction resources including [Tip Sheets](https://www.disastershock.com/tip-sheets-1) and [Expressive Arts](https://www.disastershock.com/arts-recovery) activities that can be used by teachers and parents

The Parent *Disastershock* book has been distributed free worldwide for over 30 years in supporting communities dealing with a wide range of disasters including the 1989 Loma Prieta Earthquake in San Francisco, terrorist attacks in (Brussels, Paris, Lahore, San Bernardino, Parkland school shooting, Manchester bombing, Egypt mosque attack, flooding (Houston), hurricane (Puerto Rico, Florida Panhandle), fire (Camp, Woolsey, Santa Rosa and Paradise fires in California, Australia), tsunami (Sumatra, Indonesia), volcanic eruption (Guatemala). It has been recently updated to include the Covid-19 Pandemic. *Disastershock* has been endorsed by mental health experts around the world.

Authors have given permission to post the books on your website and distribute to others, together with the above information, so that it can help persons in your school community.

Thank you in advance for any help you may be able to offer in posting or distributing information about the *Disastershock* books.

If you have any questions please don’t hesitate to contact me.

Kindest regards,

Your name

Member: Disastershock Global Response Team

or

Disastershock Global Response Team Ambassador