



## Volunteer to become a Utah Disaster Crisis Counselor

The State of Utah's Disaster Crisis Counseling Program assists people in the aftermath of disasters and emergencies. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new mental health challenges following the event.

Sign up to become a Disaster Crisis Counselor and help your community stay strong and resilient at <https://www.utahresponds.org>



Utah Department of  
**Health & Human**  
Services

# Utah's Disaster Crisis Counselor Program

Utah Responds' Disaster Crisis Counselor Program is part of a national network of more than 300,000 registered Medical Reserve Corps volunteers who work to improve the health and safety of their communities.

We train Disaster Crisis Counselor volunteers to help their communities, loved ones, or first responders in times of emergencies and disasters. Not all survivors will develop severe mental health problems or difficulties in their recovery, but all should have access to support for a range of reactions and symptoms that can be helped by compassionate and caring disaster responders.

Utah's Disaster Crisis Counselors are a foundational piece in the larger system of crisis, emergency, and disaster preparedness and response, especially when localized and regional resources are depleted. Our crisis counselors have been active in several disasters, including support for Hurricane Katrina survivors, and most recently, providing critical behavioral health support in response to the COVID-19 pandemic.



## How do I become trained as a Disaster Crisis Counselor?

*Utah DHHS provides a free annual certification training where you will learn disaster crisis counseling skills. This training is designed for first responders, school personnel, healthcare providers, faith-based organizations, disaster relief organizations, Community Emergency Response Teams, Medical Reserve Corps, Citizens Corps, or behavioral health providers.*

*In addition, there are 2 free online courses that are required to become certified: **Psychological First Aid and Skills for Psychological Recovery.***



*Scan the code to go to [learn.nctsn.org](https://learn.nctsn.org)*

## How are Utah's Disaster Crisis Counselors activated?

*If activated, you will be notified via the Utah Responds emergency system to verify your availability to assist.*

*Utah's Disaster Crisis Counselors support communities in need and work with national experts, disaster preparedness partners, treatment providers, and community stakeholders to offer support when needed.*

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*For additional information, please contact [gjardine@utah.gov](mailto:gjardine@utah.gov)*

**For behavioral health emergencies  
Please contact 988**