



Addressing Mental Health following natural disasters













What happens when the storm is over?

- Initial focus on housing and emergency needs, acute care
- Persistent in direct victims, and the community
- Symptoms usually arise three months following a traumatic event
- Extends to emergency workers and people not directly affected

Prevalence of PTSD in
disaster victims

28%

Short term interventions



Short term interventions



Need

Context based tool

Evaluate the mental health preparedness and response of a community

Government agencies

Responsibility is with the government, but not adequately addressed

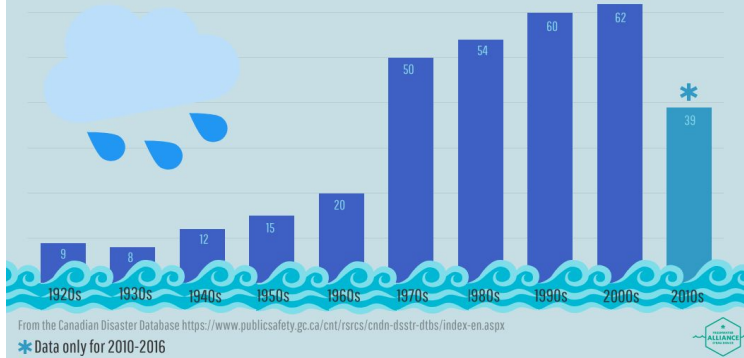
Awareness and preparation

Lack of awareness in people, in particular at risk groups such as women and children



Floods in Canada: On the Rise

Over the past 100 years, the number of floods occurring across the country has increased and extreme floods are becoming more common. The five most destructive floods in Canadian history have all occurred since 2010. Increasing our collective resilience to floods is critical to protecting social and ecological values.



Significance

- Raising number of natural disasters
- Increased severity extending beyond direct victims



Opportunity

- Understand the potential long term effects on mental health
- Users more comfortable with chat bots



Mente

- ✓ Provide immediate intervention to victims
- ✓ Provide a medium to connect with people who have similar experiences
- ✗ Will not provide medical diagnosis
- ✓ Show continued support to victims after acute care



Impact

1

Minimize the effects of long term stress following a stressful moment

3

Demonstrate intervention in different mediums

2

Provide a medium for people to seek the help that they need

4

Creating a sense of togetherness within communities

Scalability

- Start with flood victims in vulnerable areas within Canada (Prairies, Maritimes)
- Can be applied to other areas following disaster, shaped to local context



Implementation

Key Partners

- Red Cross
- Local governments
- Community leaders
- CAMH

Timeline

- Training: prepare communities for disasters and showcase importance of PFA training
- Connect: connect with local organizations to promote app following events



