**Disastershock Email Templates**

Here are 3 sample emails that you can use to distribute Disastershock. It is generally better to address the email to a specific person, so consider adding: Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the person’s name (if you have their email address). For your signature, consider adding your name and Member: Disastershock Global Volunteer Team. We consider anyone helping distribute Disastershock as a Global Team member. If you are new to the Team, please send your name and how you helped distribute Disastershock to us at gerrardb@usfca.edu and we will add your name to the Global Team list on our website.

**1. For Parents**

Subject Line: A Free Book to Help Calm Your Children During the Pandemic

* *Is your child suffering from stress caused by the Covid-19 pandemic?*
* *Are your family members becoming irritable with each other because they are having to stay at home?*
* *Are family members feeling worried and tense about what is happening now and what might happen next?*

Disasters have a way of making everyone feel tense and it is often hard to calm oneself. [*Disastershock: How to Cope with the Emotional Stress of a Major Disaster*](https://www.disastercopingresources.com/disastershock-manual)is a free ebook that may be helpful in lowering your stress and the stress experienced by your children and other family members. *Disastershock* contains 24 different practical stress-reduction exercises for parents. It differs from many other disaster coping materials in that the exercises are described in a clear, step by step fashion that makes doing them easy. The majority of the exercises are based on extensive research demonstrating their effectiveness in reducing strong stress. Disastershock is available free at [Amazon](https://www.amazon.com/Disastershock-Emotional-Stress-Major-Disaster-ebook/dp/B086HWWYMH/ref%3Dsr_1_1?dchild=1&keywords=disastershock&qid=1588516364&sr=8-1), Applebooks, and at [disastershock.com](https://www.disastershock.com/).

Some of the comments by mental health experts who have reviewed *Disastershock* are:

*"This is one of the most useful books that I have used in my 28 years as a professor of family therapy and 34 years as a licensed psychotherapist.”* Michael J. Carter, LMFT, PhD, Department of Special Education & Counseling, California State University, Los Angeles

*“This book (manual) is brilliant in its clarity and simplicity, with easy to follow evidence-based procedures on how parents can immediately help their child/children facing a major disaster.”* Teresita A. Jose, Ph.D., R. Psych., Psychologist, Calgary, Alberta

*“This is an excellent book and a much needed one as it provides a simple and practical guide to handling emotional shock from disaster. Children are voiceless in time of disaster and the impact can be lifelong. I congratulate the authors for making a difference by sharing their skills and techniques in empowering children and youth.”* Professor Cecilia L.W. Chan, Ph.D., Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong (SAR).

*Disastershock* is now in its 4th edition and since 1989 has been offered free to communities affected by disaster around the world.

**2. Generic Email (For Mental Health Professionals, Government Officials, etc.)**

Subject Line: A Free Book to Help Families Cope with Emotional Stress Caused by the Pandemic

Disasters like the Covid 19 pandemic have a way of making family members feel tense and it is often hard to calm oneself. [*Disastershock: How to Cope with the Emotional Stress of a Major Disaster*](https://www.disastercopingresources.com/disastershock-manual)is a free ebook that contains 24 different practical stress-reduction exercises for parents, adults, and children. It differs from many other disaster coping materials in that the exercises are described in a clear, step by step fashion that makes implementing them easy. The majority of the exercises are based on extensive research demonstrating their effectiveness in reducing strong stress. Disastershock is available free at [Amazon](https://www.amazon.com/Disastershock-Emotional-Stress-Major-Disaster-ebook/dp/B086HWWYMH/ref%3Dsr_1_1?dchild=1&keywords=disastershock&qid=1588516364&sr=8-1), Applebooks, and at [disastershock.com](https://www.disastershock.com/).

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 *“This is a superb and practical guide with advice and strategies drawn from evidence- based theory and practice. I believe this book will help parents, teachers, and counsellors to support children’s emotional and psychological resilience.”* Stephen Adams Langley, PhD, Senior Clinical Consultant, Place2Be, London, United Kingdom

Disastershock has been distributed 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.

The authors of this book are mental health professionals who experienced a major disaster themselves. *Disastershock* is now in its 4th edition and since 1989 has been offered free to communities affected by disaster around the world.

**3. For Teachers and School Districts**

Subject line: Free Disaster Coping Book for Teachers

At this time of stress with children and families sequestered because of the pandemic, teachers may find the ebook *Disastershock: How to Cope with the Emotional Stress of a major Disaster* helpful for their students. The authors are making Disastershock free on [Amazon](https://www.amazon.com/Disastershock-Emotional-Stress-Major-Disaster-ebook/dp/B086HWWYMH/ref%3Dsr_1_1?dchild=1&keywords=disastershock&qid=1588253628&sr=8-1), Apple Books and at [disastershock.com](https://www.disastershock.com/). The book contains 24 effective strategies that teachers can use to calm themselves and their students. Some can be taught to a student in only a few minutes. Disastershock, now in its 4th edition, has been distributed free worldwide to help teachers, parents and children cope with disaster.