

NATIONAL INSTITUTE OF MENTAL HEALTH RESOURCES

<http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

There are many different responses to crisis. Most survivors have intense feelings after a traumatic event but recover from the trauma; others have more difficulty recovering — especially those who have had previous traumatic experiences, who are faced with ongoing stress, or who lack support from friends and family — and will need additional help. The NIMH provides information based on scientific research and evidence-based practice, and useful information/resources to assist you.

Mental Disorders That May Be Related to or Affected by Exposure to Violence or Traumatic Events

- [Anxiety Disorders](#)
- [Post-Traumatic Stress Disorder](#)
- [Depression](#)
- [Panic Disorder](#)
- [Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do](#)
- [Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do](#)

Resources

- [Children and Violence](#)
- [U.S. Department of Health and Human Services Hurricane Information](#)
- [Coping with Stress](#)
- [Coping With a Traumatic Event: Information for Health Professionals](#)
- [Coping With a Traumatic Event: Information for the Public](#)
- [Listen to an NIH podcast about coping with traumatic events](#)

THE NATIONAL CHILD TRAUMATIC STRESS NETWORK AND THE NATIONAL CENTER FOR PTSD, [Psychological First Aid](#) is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of disaster and terrorism, available Second Edition of Psychological First Aid Field Operations Guide, accompanying handouts available, printed copies of English and Spanish version and the adaptation for community religious professionals may be ordered from [Castle Press](#). If you have questions, please contact the National Center for Child Traumatic Stress at info@NCTSN.org.

MENTAL HEALTH FIRST AID, http://www.thenationalcouncil.org/cs/program_overview

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by three national authorities: National Council for Community Behavioral Healthcare, Maryland Department of Health and Mental Hygiene, and Missouri Department of Mental Health. Mental Health First Aid is offered in an [interactive 12-hour course](#) that provides an overview of mental illness, substance use disorders, risk factors/warning signs of mental health problems, understanding their impact, overviews common treatments, and a 5-step action plan encompassing skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

SAMHSA RESOURCES: Coping with Traumatic Events <http://www.samhsa.gov/trauma/index.aspx>

- [SAMHSA Disaster Technical Assistance Center \(DTAC\)](#) supports SAMHSA's efforts to prepare States, Territories, and local entities to deliver an effective behavioral health response during disasters. The SAMHSA DTAC provides consultation to review disaster plans, conducts literature reviews, and brokers knowledge and support.

Website resources

- http://mentalhealth.samhsa.gov/search.asp?q=coping+with+death&restrict=NMHIC_ThisSiteOnly&btnG=Search&output=xml_no_dtd&site=NMHIC_ThisSiteOnly&client=NMHIC_ThisSiteOnly&proxystylesheet=NMHIC_ThisSiteOnly
- [Coping With Traumatic Events - Related Links, National Mental ...](#)
military youth and their families during other traumas, including sickness and death, on-line access to resources for preparing for and coping with deployments mentalhealth.samhsa.gov/cmhs/TraumaticEvents/links.asp

- [Coping With Traumatic Events - Parent Guidelines for Talking with ...](#)
Coping With Traumatic Events. Parent Guidelines ... terms. They understand the concepts of unpredictability, death, and terrorism. Discussions ...mentalhealth.samhsa.gov/cmhs/TraumaticEvents/teenagers.asp
- [How to Deal With Grief, National Mental Health Information Center](#)
many reasons for the differences, including personality, health, coping style, culture, etc.
mentalhealth.samhsa.gov/disasterrelief/publications/allpubs/KEN01-0104/default.asp
- [CMHS Programs: Toolkit - Illness Management and Recovery](#)
Coping effectively with stress can help you to reduce symptoms, events refers to experiences such as moving, getting married, death.. mentalhealth.samhsa.gov/cmhs/CommunitySupport/toolkits/illness/workbook/handout7.asp
- [Psychosocial Issues for Children and Adolescents in Disasters ...](#)
The death of family members or friends is the most traumatic, level on their ability to comprehend traumatic events, their coping repertoire, etc. mentalhealth.samhsa.gov/publications/allpubs/ADM86-1070/chapter2.asp - 36k - Cached

THE NATIONAL CHILD TRAUMATIC STRESS NETWORK

The National Child Traumatic Stress Network was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

For Schools

Guide for Parents and Educators: [Tips for Talking to Children and Youth After Traumatic Events](#) 

[Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers](#): Children respond to trauma in many different ways. Some may have reactions very soon after the event; others may seem to be doing fine for weeks or months, then begin to show worrisome behavior. Knowing the signs that are common at different ages can help parents and teachers to recognize problems and respond appropriately.

[A Guide for Intermediate and Long-term Mental Health Services After School-related Violent Events](#): guide outlines the roles of school-based service providers - including teachers, school counselors, school psychologists, social workers, and school nurses - in responding to the mental health needs of students after school-related violent events.

For Families

Tips for Talking to Children: [Interventions At Home for Preschoolers to Adolescents](#) 

[Age-Specific Interventions at Home for Children in Trauma: From Preschool to Adolescence](#): Children are just as affected as adults are by a disaster or traumatic event. Some may be affected even more, but no one realizes it.

[Anxiety Disorders in Children and Adolescents](#): This fact sheet details the different types and signs of anxiety disorders, including Post-traumatic Stress Disorder.

[Helping Children Cope with Fear and Anxiety](#): Whether tragic events touch your family personally or are brought into your home via newspapers and television, you can help children cope with the anxiety that violence, death, and disasters can cause

[Reaction of Children to a Disaster](#): Many feelings and reactions are shared by people of all ages in response to a disaster. However, special attention is required to meet the needs of children. This fact sheet explores the typical reactions for children of different age groups.

Major Depression in Children and Adolescents: A fact sheet about depression in children and adolescents.

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS www.nasponline.org

School Safety and Crisis Resources: NASP materials are available free of charge to the public in order to promote the ability of children and youth to cope with traumatic or unsettling events, materials may be adapted/reproduced without specific permission; all materials may also be linked to websites without prior permission from NASP. *However, the integrity of the content must be maintained and NASP must be given proper credit.*

Featured Resources

Talking to Children About Violence: Tips for Parents and Teachers | [Audio Version](#)

Parents Called to Active Duty: Helping Children Cope

H1N1 Flu (Swine Flu)

Coping with Shelter-in-Place Emergencies

School Safety/Violence Prevention

New - Cybersmart! Cyberbullying Package, a NASP Partnership

Talking to Children About Violence: Tips for Parents and Teachers

Bullying Information

Vulnerability to Violence Among Gay and Lesbian Youth

Suicide

Preventing Youth Suicide - Tips for Parents and Educators, Save a Friend: Tips for Teens to Prevent Suicide

Times of Tragedy: Preventing Suicide in Troubled Children and Youth, Part I and Part 11 Tips for Parents and Schools

Tips for School Personnel or Crisis Team Members

Crisis Response Resources

Coping With Crisis: Tips for Parents and Educators, Coping with Crisis--Helping Children With Special Needs

Managing Strong Emotional Reactions to Traumatic Events: Tips for Parents and Teachers

Culturally Competent Crisis Response: Information for School Psychologists and Crisis Teams - [HTML](#) | [PDF](#)

Culturally Competent Crisis Response Resources

Dealing with a Death in School

Helping Children Cope With Crisis: Care for Caregivers

Memorials/Activities/Rituals Following Traumatic Events - Suggestions for Schools

Trauma

How Children Cope With Trauma and Ongoing Threat: The BASIC Ph Model

Identifying Seriously Traumatized Children - Tips for Parents and Educators

Managing Strong Emotional Reactions to Traumatic Events: Tips for Parents and Teachers

Natural Disasters

Responding to Natural Disasters - Helping Children and Families: Information for School Crisis Teams

Helping Children After a Natural Disaster: Information for Parents and Teachers

Helping Children After a Wildfire: Tips for Parents and Teachers - [PDF](#)

Hurricane Experiences Provide Lessons for the Future

NATIONAL CENTER FOR MENTAL HEALTH PROMOTION/YOUTH VIOLENCE PREVENTION

www.promoteprevent.org Click on resources and search crisis response

The Family Readiness Kit: Preparing to Handle Disasters

Publisher: American Academy of Pediatrics, 250 families were surveyed to determine what materials most families need to prepare for a disaster.

An Activity Book For African American Families: Helping Children Cope with Crisis

Publisher: National Institute of Child Health and Human Development (NICHD), Developed in the wake of the attacks of September 11, 2001, online activity workbook for African American families has useful tips and activities for helping children cope with disasters.

Parent's Guide for Helping Children in the Wake of Disaster

Publisher: National Center for Children Exposed to Violence, guidelines are intended to help caregivers identify and address signs of adjustment difficulties in children who were not directly impacted by Hurricane Katrina.

Factsheet: Coping with Disaster

Publisher: Mental Health America, includes information in English/Spanish on surviving sudden loss, dealing with stress, helping children cope, coping strategies for staff and volunteers, and coping with evacuation.

Helping Children in the Wake of Disaster

Publisher: National Center for Children Exposed to Violence, offers guidelines for relief workers on helping children address their fears and concerns arising from displacement, injury, and loss associated with natural /other disasters.

Psychology Help Center

Publisher: American Psychological Association, contains information on managing traumatic stress after disasters.

EMERGENCY PLANNING

LEAD & MANAGE MY SCHOOL, EMERGENCY PLANNING, Office of Safe and Drug-Free Schools, provides information that can help school leaders plan for any emergency, including natural disasters, violent incidents and terrorist acts.
<http://www2.ed.gov/admins/lead/safety/emergencyplan/index.html>

- **Hurricane Information** -- [Be ready](#), get help, find family, donate and volunteer, learn what government is doing, and more. (September, 2008)
- **Tips for Helping Students Recovering from Traumatic Events** -- [Practical information](#) for parents, students, teachers, and others who are coping with the aftermath of a natural disaster. (September 2005)

Crisis Planning Resources

- **MRSA in Schools**, Answers to commonly asked questions about MRSA skin infections in schools (from the U.S. Department of Education). [MS Word \(40 KB\)](#)
- **Practical Information on Crisis Planning** — [A brochure and complete guide](#) on crisis planning for schools and communities.
- **Pandemic Flu Preparedness** — [Resources to help school leaders plan and prepare for pandemic flu](#).
- **Safe and Drug-Free Schools** — [Selected resources](#) from the U.S. Department of Education.
- **Bomb Threat Assessment Guide**, "Bomb Threat Response: An Interactive Planning Tool for Schools" is an interactive CD-ROM that can help schools be prepared to respond to a bomb threat. The CD-ROM, online support, and other information are available at www.threatplan.org. (October 2003)