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# Coping with Traumatic Events: Resources for Children, Parents, Educators, and Other Professionals

## SAMHSA Publications and Resources

- [Dealing with the Effects of Trauma: A Self-Help Guide – 2002](#) provides in-depth information on recovering from a traumatic event; it is geared for those whose reactions may be lingering.
- [A Guide to Managing Stress in Crisis Response Professions – 2005](#) aids crisis response workers in stress prevention and management before, during, and after a public health crisis. It describes the stress cycle and common stress reactions and offers tips to promote a positive workplace and to monitor and minimize stress.

- [In the Wake of Trauma: Tips for College Students – 2013](#) is a fact sheet that helps college students cope with the mental health effects in the aftermath of trauma. It explains normal reactions, emphasizes the importance of talking about feelings, and offers tips for coping.
- [Psychosocial Issues for Children and Adolescents in Disasters – 2000](#) provides resources for people working with children after a disaster. It covers child development theories in relation to how youth respond emotionally to disasters. It also features suggestions, case studies, and a resource guide.
- [Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers – 2012](#) helps parents, caregivers, and teachers to recognize and address stress responses in children and youth affected by traumatic events. It describes stress reactions that are commonly seen in young trauma survivors and offers tips on how to help.

## Resources From the National Child Traumatic Stress Network

- [It's Okay to Remember \(Video | 34:35\)](#). This video provides information regarding traumatic grief in children, addresses the three main types of trauma reminders, and illustrates how families can experience the pain of loss and then heal. It is appropriate for parents and others who care for children.
- [Parent Tips for Infants and Toddlers – 2007 \(PDF | 303 KB\)](#). Also available in [Chinese \(PDF | 950 KB\)](#), [Japanese \(PDF | 247 KB\)](#), and [Spanish \(PDF | 407 KB\)](#). This document is designed to help parents with infants and toddlers understand how their child may be feeling and help their young children cope with disaster.
- [Parent Tips for Preschoolers – 2007 \(PDF | 239 KB\)](#). Also available in [Chinese \(PDF | 625 KB\)](#), [Japanese \(PDF | 231 KB\)](#), and [Spanish \(PDF | 292 KB\)](#). This document is designed to help parents with preschoolers help their young children cope with disaster.
- [Parent Tips for School-age Children – 2007 \(PDF | 239 KB\)](#). Also available in [Chinese \(PDF | 625 KB\)](#), [Japanese \(PDF | 230 KB\)](#), and [Spanish \(PDF | 292 KB\)](#). This document is designed to help parents with school-age children help them cope with disaster.
- [Parent Tips for Helping Adolescents After Disasters – 2007 \(PDF | 238 KB\)](#). Also available in [Chinese \(PDF | 618 KB\)](#), [Japanese \(PDF | 229 KB\)](#), and [Spanish \(PDF | 291 KB\)](#). This document is designed to help parents help adolescents cope with disaster. Tips include possible reactions, responses, and examples of things to do and say.
- [Tips for Parents on Media Coverage – 2015 \(PDF | 92 KB\)](#). This tip sheet provides information for parents on how to limit a child's exposure to disturbing media images after an earthquake.
- [Understanding Child Traumatic Stress – 2005 \(PDF | 363 KB\)](#). This document discusses the cognitive response to danger as it relates to traumatic experiences or traumatic stress throughout all developmental stages, particularly in children. It provides an overview of post-traumatic stress responses and their severity and duration, as well as post-traumatic stress disorder (PTSD) following chronic or repeated trauma.

## Resources to Address Re-traumatization and Chronic Stress

- [Effects of Traumatic Stress After Mass Violence, Terror, or Disaster from the National Center for PTSD](#) provides information regarding normal reactions to abnormal situations. It includes descriptions of common traumatic stress reactions, problematic stress responses, and symptoms of PTSD and Acute Stress Disorder.
- [Lessons Learned from School Crises and Emergencies from the Department of Education – 2010 \(PDF | 314 KB\)](#). This publication discusses the re-traumatization of students attending Virginia Tech following the 2007 campus shooting of 32 people.
- [Managing Stress from the Centers for Disease Control and Prevention \(CDC\)](#) provides information on coping with stress related to a traumatic event.
- [Trauma and Re-traumatization – 2006 \(PDF | 40 KB\)](#). Presented at the *After the Crisis Initiative: Healing from Trauma after Disasters* expert panel meeting, this resource paper describes the types of trauma and their cumulative and intergeneration effects. It speaks particularly to the continued re-traumatization that results from experiencing a disaster.

## Resources for Disaster Response Professionals

- [Guidelines for Working with First Responders \(Firefighters, Police, Emergency Medical Service and Military\) in the Aftermath of Disaster from the American Group Psychotherapy Association](#). This tip sheet lists common characteristics of disaster responders, offers interventions for working with disaster responders, and provides additional resources in working with this population.
- [Self-Care for Disaster Behavioral Health Responders – 2012 \(PDF | 1.4 MB\)](#). The goal of this podcast, developed by SAMHSA, is to provide information, best practices, and tools that enable disaster behavioral health responders and supervisors to identify and effectively manage stress and secondary traumatic stress through workplace structures and self-care practices.

## Additional Resources

- [Cultural Awareness: Children and Youth in Disasters Podcast at Youth.gov – 2013 \(Video | 54:25\)](#). The goal of this 60-minute podcast is to assist disaster behavioral health responders in providing culturally aware and appropriate services for children, youth, and families impacted by natural and human-caused disasters. Featured speakers include April Naturale, Ph.D., of SAMHSA's Disaster Technical Assistance Center (DTAC) and Russell T. Jones, Ph.D., of Virginia Tech.
- [Helping Your Child Cope with Media Coverage of Disasters: A Fact Sheet for Parents from Oklahoma University Medicine – 2011 \(PDF | 409 KB\)](#). This fact sheet offers strategies that parents can use to address the potential effects of disaster media coverage on children.
- [Helping Students Cope with Media Coverage of Disasters: A Fact Sheet for Teachers and School Staff from Oklahoma University Medicine – 2011 \(PDF | 308 KB\)](#). This fact sheet provides insight into how media coverage of a disaster may affect students and offers strategies that people working in schools can use to address these effects. The suggested strategies can be used by teachers, school counselors, school social workers, other school staff members, and school administrators.
- [Responding to Stressful Events: Helping Children Cope from the Public Health Agency of Canada – 2005 \(PDF | 74 KB\)](#). This packet contains information on helping children cope after a stressful event. It provides information on common reactions and coping techniques.

- [Talk, Listen, Connect: When Families Grieve from Sesame Street](#) is an online resource designed to help of families cope with the death of a parent or loved one. There are components for military families and nonmilitary families.

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SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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