



National Child Traumatic Stress Network

- » Talking to Your Children About War
- » Understanding Trauma Responses in Children with Intellectual and Developmental Disabilities and When to Seek Help

American Psychological Association

- » Resilience in a time of war: Tips for parents and teachers of elementary school children
- » Resilience in a time of war: Tips for parents and teachers of middle school children

Behavioral Health Resources for Families, Schools, and Professionals:

National Association of School Psychologists

- » Anxiety: Helping Handout for School and Home
- » When Grief/Loss Hits Close to Home: Tips for Caregivers
- » Addressing Grief: Tips for Teachers and Administrators
- » Supporting Children's Mental Wellness: Tips for Families and Caregivers

National Child Traumatic Stress Network

- » Age-Related Reactions to a Traumatic Event
- » After a Crisis: Helping Young Children Heal

Military Child Education Coalition

- » Military Child Well-being Toolkit
- » PTSD, TBI, Invisible & Physical Injury: Overview
- » Well-being: Physical Well-being, Stress Management, & Mental Health Resources
- » Suicide Prevention & Awareness: Overview
- » Anxiety In Young Children: A Military Parents' Guide Through Transition

Additional Helpline Resources

- » **National Suicide and Crisis Lifeline** – call or text 988 (Spanish and Deaf/Hard of Hearing services available)
- » **SAMHSA Disaster Distress Helpline** – call or text 1-800-985-5990 (Spanish and Deaf/Hard of Hearing services available)
- » **Military OneSource** – call 1-800-342-9647 for eligible DOD service members and their families
- » **Veterans Crisis Line** – call 1-800-273-8255, press “1” or text 838255 for all service members