

AJP- Disaster and Trauma Resources for Multidisciplinary consultation , Community supports, and general Education

American Psychological Association (APA)

www.apa.org/helpcenter/index.aspx

[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](#)

www.apapracticecentral.org/ce/self-care/acca-promoting.aspx

www.apa.org/international/resources/info/emergency-statement

<https://www.apa.org/topics/grief/>

Resilience Resources

The American Psychological Association has developed several guides to resilience that may be of interest to you, your teen, and your family:

For adults:

Building your resilience

(<https://www.apa.org/topics/resilience>)

For parents, guardians, and teachers:

Resilience guide for parents and teachers

(<https://www.apa.org/topics/resilience/guide-parents-teachers>)

Resilience Booster: Parent Tip Tool

(<https://www.apa.org/topics/parenting/resilience-tip-tool>)

For teens:

Resilience for teens: Got bounce?

(<https://www.apa.org/topics/resilience/bounce-teens>)

Additional Resources for Teachers and Families

Resources on Resilience from APA

Building Resilience to Manage Indirect Exposure to Terror

<https://www.apa.org/topics/terrorism>

COVID-19 Stress Management Tools

<https://www.apa.org/topics/covid-19/stress-management-tools>

Psychology Topics: Resilience (Building your Resilience)

<https://www.apa.org/topics/resilience>

Psychology Topics: Stress (Stress Relief is Within Reach)

<https://www.apa.org/helpcenter/stress>

Resilience Booster: Parent Tip Tool

<https://www.apa.org/topics/parenting/resilience-tip-tool>

Resilience Guide for Parents and Teachers

<https://www.apa.org/topics/resilience-guide-parents>

Responding to the Needs of Children and Families Following Disaster

<https://www.apa.org/research/action/disaster>

Coping with Grief

InfoAboutKids.org <https://infoaboutkids.org/relationships/grief-and-loss/>

Sesame Street Workshop <https://sesameworkshop.org/topics/grief/>

The Effects of Trauma Do Not Have to Last a Lifetime

<https://www.apa.org/research/action/ptsd>

Turning Lemons into Lemonade: Hardiness Helps People Turn Stressful Circumstances into Opportunities

<https://www.apa.org/research/action/lemon>

Beyond Self-Care: Addressing Secondary Traumatic Stress as a Professional Skill-Set for Trauma-Informed Professionals and Organizations

<https://www.apa.org/education-career/ce/ipce023>

Defining secondary traumatic stress and developing targeted assessments and interventions: Lessons learned from research and leading experts.

<https://psycnet.apa.org/record/2018-57241-001>

APA Magination Press: Books for parents, children and adolescents:

<https://www.apa.org/pubs/magination>

U.S. Department of Education: Helpful Hints for School Emergency Management

www.rems.ed.gov/docs/hh-vo13issue3.pdf

Substance Abuse Mental Health Services Administration

www.samhsa.gov www.store.samhsa.gov/system/files/sma14-4888.pdf
www.store.samhsa.gov/system/files/sma13-4775.pdf

National Association of School Psychologists (NASP)

http://www.nasponline.org/resources/crisis_safety/index.aspx.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/natural-disaster-resources>

[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](#)

[Supporting Youth Affected by the Violence in Israel and Gaza: Tips for Families and Educators Talking to Children About Violence: Tips for Families and Educators](#)

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/cultural-considerations-to-support-students-affected-by-the-violence-in-israel-and-palestine>

Canadian Psychological Association (CPA)

www.cpa.ca/public/emergency/resources/

www.cpa.ca/docs/files/publications/factsheets/psychologyworksheets-PTSD.Pdf

Treatment and Services Adaptation Center (TSA)

www.traumaawareschools.org/pdf

World Health Organization (WHO)

www.who.int/mental_health/emergencies

www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial

A Systematic Review of Public Health Emergency Operations Centers (EOC)

http://www.who.int/iris/bitstream/10665/99043/1/WHO_HSE_GCR_2014.1_eng.pdf
Public Health Emergency

Operations Centre Network

http://apps.who.int/iris/bitstream/10665/85378/1/WHO_HSE_GCR_2013.4_eng.pdf

Management of health programmes: Emergency preparedness

<http://www.who.int/management/programme/ep/en/index1.html>

Mental Health and Psychosocial Support in Emergencies

http://www.who.int/mental_health/emergencies/en/

Toolkit for humanitarian settings

http://www.who.int/mental_health/resources/toolkit_mh_emergencies/en/

Mental health and psychosocial support in emergencies

http://www.who.int/mental_health/resources/emergencies/en/

National Center for PTSD

www.ptsd.va.gov

National Child Traumatic Stress Network (NCTSN)

<https://www.nctsn.org/resources/all-nctsn-resources>

www.nctsn.org

www.nctsn.org/sites/default/files/resources/flyer/help-kids-cope-flyer-0.pdf

[Age-Related Reactions to a Traumatic Event After a Crisis: Helping Young Children Heal](#)

Trauma and PTSD resources in Hebrew and

Arabic: <https://www.psychologytools.com/articles/free-hebrew-and-arabic-translations-of-trauma-and-ptsd-psychoeducational-resources/>

American Red Cross

www.redcross.org

Canadian Red Cross

www.redcross.ca IsraAid.org

An Israeli-based international aid/disaster relief organization

[American School Counseling Association](#)

[Helping Students in Troubling Times](#)

[National Center for School Crisis and Bereavement](#)

General Resources

[Traumapractice.org](https://traumapractice.org)

Coping with Secondary Traumatic Stress

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9564895/>

Secondary Traumatic Stress and Related Factors in Australian Social Workers and Psychologists

<https://academic.oup.com/hsw/article-abstract/45/2/122/5827524>

Vicarious traumatization: A framework for understanding the psychological effects of working with victims

<https://link.springer.com/article/10.1007/BF00975140>

<https://www.psychiatrictimes.com/view/vicarious-trauma-clinicians-fostering-resilience-and-preventing-burnout>

Ukraine and impacted countries crisis

<https://www.ifrc.org/emergency/ukraine-and-impacted-countries>

Red Cross providing life-saving assistance for hundreds of thousands displaced from

Ukraine -

<https://www.ifrc.org/press-release/red-cross-providing-life-saving-assistance-hundreds-of-thousands>

[-displaced-ukraine](#)

Center on the Developing Child at Harvard University- posts

- [How to Look After a Child Through Conflict & Displacement](#) (UNODC) The above video and additional resources from UNODC are available in multiple languages [here](#).
- [How to Support Your Child During Conflict and Crisis Situations](#) (UNICEF)
- [How to Talk to Your Children About Conflict and War](#) (UNICEF)
- [Young Children in Crisis Settings Resource Kit](#) (Moving Minds Alliance)
- [Urgent Call: Support Afghanistan, Israel, the State of Palestine and Other Ongoing Crises](#) (ECDAN)

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