

The following resources were curated and shared by the DuPage County ROE in connection with SEL Hubs on 5/25/22:

### **Child Traumatic Stress Resources**

In response to the Robb Elementary School shooting in Uvalde Texas, the [National Child Traumatic Stress Network](#) has developed resources to help children, families, educators, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [Talking to Children about the Shooting](#)
- [Helping Youth After a Community Trauma: Tips for Educators \(En Español\)](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Talking to Teens about Violence \(En Español\)](#)
- [Tips for Talking to Students about Violence](#)
- [Coping After Mass Violence: For Adults](#)
- [For Teens: Coping After Mass Violence\(En Español\)](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers\(En Español\)](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Guiding Adults in Talking to Children about Death and Attending Services](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Once I Was Very Very Scared](#) – children’s book for young children
- [After the Injury](#)—website for families with injured children
- [Health Care Toolbox](#)—website for pediatric health providers working with injured children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\) \(for responders\)](#)

### **Psychological First Aid**

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card \(En Español\)](#) provide a quick reminder of the core actions. The [PFA online training](#) course is also available on the NCTSN Learning Center.

Additional PFA resources for schools include:

- [Psychological First Aid for Schools](#) (PFA-S) – Field operations guide
- [Providing PFA-S: For Health-Related Professionals](#) – handout
- [Providing PFA-S: For Principals and Administrators](#) – handout
- [Providing PFA-S: For School Support Staff](#) – handout
- [Providing PFA-S: For Teachers](#) - handout

### **From the National Mass Violence and Victimization Resource Center**

- [Transcend](#) (mobile app to assist with recovery after mass violence)
- [Rebuild your Community: Resources for Community Leaders](#)
- [Media Guidelines for Homicide Family Survivors](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [E-learning Courses: Trainings for Clinicians](#)
- [Resources for Victim Assistance Professionals](#)

### **From the Center for the Study of Traumatic Stress at the Uniformed Services University**

- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Coping with Stress Following a Mass Shooting](#)

### **Disaster Helpline**

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.