

Multilingual Trauma Resources

 childmind.org/guide/multilingual-trauma-resources

When communities experience episodes of violence or face natural disasters these events are hard even for adults to comprehend. We can't shield our children from pain and fear when they're exposed to such tragedy. But we can help them process what they're experiencing in the healthiest way possible.

The Child Mind Institute has prepared free trauma resources to aid parents, educators, and other adults in talking to children and adolescents about potentially traumatic events and identifying those who might benefit from more focused professional attention. Our children can be more sensitive to challenges around them because of their life experience and they need our support.

We hope these resources will be of assistance in a trying time, and that you will share them with anyone you think might benefit. And remember to take care of yourself; your children depend on you most of all.

English-language Resources

- A message from the Child Mind Institute
- [Guide to Helping Children Cope After a Traumatic Event](#)
- Article on Helping Children Cope with Frightening News (download with the guide or [read online now](#))
- See more resources on [Trauma and Resilience](#)

[Read and Download trauma resources in English](#)

Recursos en español (Spanish)

- [Guía para ayudar a los niños a lidiar con un evento traumático](#)
- [Ayudar a los niños a afrontar noticias alarmantes](#)
- [Señales de trauma en niños](#)
- [Más recursos sobre trauma y duelo](#)

[Descargar la guía para ayudar a los niños a lidiar con un evento traumático](#)

Ressources en Français (French)

[Télécharger des Ressources sur les Traumatismes en Français](#)

Υλικό στα Ελληνικά (Greek)

[Διαβάστε και κατεβάστε υλικό για τραύματα στα Ελληνικά](#)

Türkçe Kaynaklar (Turkish)

[Travmayla ilgili Türkçe kaynaklar indirin](#)

الصدمة الموارد باللغة العربية (Arabic)

[تحميل موارد الصدمة باللغة العربية](#)

Trauma-Ressourcen auf Deutsch (German)

[Herunterladen Trauma Ressourcen auf Deutsch](#)

מקורות טראומה בעברית (Hebrew)

[הורדת משאבי טראומה בעברית](#)

Risorse Trauma in Italiano (Italian)

[Scarica risorse trauma in Italiano](#)

中文创伤资源 (Chinese)

[下载中文创伤资源](#)

Ресурси травми українською мовою (Ukrainian)

[Завантажити українською мовою Ресурси про травму](#)

Ресурсы травмы на русском языке (Russian)

[Скачать травмы ресурсов на русском языке](#)

Zasoby w języku polskim (Polish)

[Pobierz zasoby traumy w języku polskim](#)

Magyar nyelvű tartalom (Hungarian)

[Letöltés Trauma Resources magyarul](#)

Zdroje v slovenčine (Slovak)

[Čítajte a sťahujte zdroje traumatológie v slovenčine](#)

বাংলায় ট্রমা সম্পদ (Bangla)

[বাংলায় ট্রমা সম্পদ ডাউনলোড করুন](#)

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