

## **Supporting the Social and Emotional Health of Children and Families and Providers after a Disaster**

### **For Families**

- After a Disaster: A Guide for Parents and Teachers  
([www.mentalhealth.samhsa.gov/publications/allpubs/KEN-01-0093/default.asp](http://www.mentalhealth.samhsa.gov/publications/allpubs/KEN-01-0093/default.asp))
- How Families Can Help Children Cope with Fear and Anxiety  
([www.mentalhealth.samhsa.gov/publications/allpubs/Ca-0022/](http://www.mentalhealth.samhsa.gov/publications/allpubs/Ca-0022/))
- How to Talk to Your Child About the News  
(<http://kidshealth.org/parent/positive/talk/news.html>)

### **For Providers**

- Emergency Mental Health and Traumatic Stress: Tips for Teachers – Questions to Help Children Talk about a Disaster  
([www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/questions.asp](http://www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/questions.asp))
- Recognizing and Reducing Anxiety in Times of Stress  
([www.mentalhealth.samhsa.gov/cmhs/managinganxiety/reducinganxiety.asp](http://www.mentalhealth.samhsa.gov/cmhs/managinganxiety/reducinganxiety.asp))
- The Role of Culture in Helping Children Recover from Disaster  
([www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/culture.asp](http://www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/culture.asp))
- The Child Trauma Academy  
(<http://www.childtrauma.org/links/default.asp#Resources%20on%20Trauma>)