

Child Trauma: Resources for Parents and Educators

Tragedy Support by Phone:

- If you have mental health questions or need support during this difficult time, call 1-800-203-CARES or 1-800-203-2273.
- If you're in a crisis, [call your nearest mental health crisis line for assistance](#).

Online Resources for Parents:

- [Caring For Kids After A School Shooting](#)
- Tips for [Talking to Children in Trauma](#)
- [Mental Health Resources for Parents](#)
- [Coping with Loss and Trauma](#) – what to expect, how to deal with trauma and tips for adults who are assisting children.
- [Mental Health First Aid](#) – Trainings on how to respond when you think someone may be showing signs of mental illness.
- [Helping Your Children Manage Distress in the Aftermath of a Shooting](#)
- [Resources to Help Parents, Children and Others Cope in the Aftermath of School Shootings](#)
- [Talking To Children About A Shooting](#)

Crisis Response Resources:

- A National Tragedy: [Helping Children Cope](#)
- Talking to Children about Violence: [Tips for Parents and Teachers](#)
- [Child Trauma Toolkit for Educators](#)
- [Coping with Violence and Traumatic Events](#)
- School Crisis Guide: [Helping and Healing in a Time of Crisis](#)