

Web Resources

The following Web sites offer a wide variety of fact sheets, phone numbers, and resources to help members and the public cope with and respond to a national crisis – including information related to helping children respond to a crisis. Use these as you develop your own community education programming. Consider putting fact sheets in your waiting rooms or posting information on your own Web site.

The **American Academy of Child and Adolescent Psychiatry** site at <http://www.aacap.org> includes "Facts for Families," a fact sheet on post-traumatic stress disorder.

The **American Psychiatric Association** site at <http://www.psych.org> includes press releases and fact sheets on the psychiatric dimensions of disaster.

The **American Psychological Association** site at <http://www.apa.org> addresses concerns about when to seek professional help, how to help one's family and self, and how to specifically help children.

The **Child Welfare League of America** offers tips for "Talking with Children about Disasters and Violence." See <http://www.cwla.org>.

The **Federal Emergency Management Agency** has added:

- Web information specifically to help parents talk to children about terrorism. See <http://www.fema.gov/kids>.
- a summary of **phone numbers** (with disaster relief, donation, government resources, etc.) at <http://www.fema.gov/diz01/d1391n03.htm>.

The **National Alliance for the Mentally Ill** at <http://www.nami.org> offers links to local chapters as well as background such as "Helping Children Cope After a Terrorist Attack."

The **National Association of School Psychologists** offers extensive materials (many in languages other than English) at <http://www.nasponline.org>. Among topics addressed are preventing suicide, promoting tolerance, recognizing severe trauma reaction, and helping children with special needs cope.

The **National Association of Social Workers (NASW)** web site at <http://www.naswdc.org> includes a variety of resources and links, including an article on "Children's Responses to Terrorism."

The **National Center for Post-Traumatic Stress Disorder** at <http://www.ncptsd.org> offers information like "Effects of Traumatic Stress in the Disaster Situation."

The **National Depressive and Manic Depressive Association** at <http://www.ndmda.org> offers links to local chapters' support groups and background on depression and post-traumatic stress disorder.

The **National Institute on Mental Health** Web site at <http://www.nimh.nih.gov/anxiety/ptsdmenu.cfm> includes references to fact sheets related to post-traumatic stress disorder, helping children cope with violence and disasters, and other resources.

The **National Mental Health Association** at <http://www.nmha.org> offers facts on “Helping Children Handle Disaster-Related Anxiety” and “Post-Traumatic Stress Disorder,” among other resources.

The **Substance Abuse and Mental Health Services Administration** site at <http://www.mentalhealth.org/cmhs/EmergencyServices/terrorism.htm> includes links to multiple resources, including Spanish-language materials and ideas on “How to Help Children After Disaster.”