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:**
- Talking To Children About A Shooting
- Parents Tips for Helping Preschool-Aged Children after Disasters
- Parents Tips for Helping School-Aged Children after Disasters
- 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

**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