

# RESILIENCY RESOURCES + HURRICANE RESPONSE

source: the [National Child Traumatic Stress Network](#)



Championing Children's Needs since 1995

## CLICK ANY LINK BELOW TO VIEW RESOURCES FOR RESPONDING TO COMMUNITIES AFFECTED BY HURRICANE IDA

- [Parent Guidelines for Helping Children after a Hurricane \(En Español\)](#)
- [After the Hurricane: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event \(En Español\)](#)
- [Simple Activities for Children and Adolescents](#)
- [Trinka and Sam: The Rainy Windy Day—e-book for young children \(En Español; In Creole\)](#)
- [College Students Coping After a Hurricane](#)
- [Teacher Guidelines Helping Students After a Hurricane](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
- [Tips for Parents on Media Coverage of Traumatic Events](#)
- [After the Injury—website for families with injured children](#)
- [Health Care Toolbox—website for pediatric health providers working with injured children](#)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing—for responders](#)
- [Here for Each Other: Helping Families After a Hurricane \(from Sesame Street\)](#)
- [Tips for Families on Addressing the Anniversary](#)

SAMHSA has a [Disaster Distress Helpline](#). Call or text 800-985-5990 (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

# PSYCHOLOGICAL FIRST AID + HURRICANE RESPONSE

source: the [National Child Traumatic Stress Network](#)



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FOR RESPONDING TO COMMUNITIES AFFECTED  
BY HURRICANE IDA

- [Parent Tips for Helping Infants and Toddlers \(En Español\)](#)
- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Parent Tips for Helping Adolescents \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)

Psychological First Aid is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The [PFA Wallet Card \(En Español\)](#) provides a quick reminder of the eight core actions.