

From the [National Child Traumatic Stress Network](#) : Resources for Winter Storms

In response to the winter storms affecting much of the United States, the National Child Traumatic Stress Network has developed resources to help families and communities. Resources include:

- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Simple Activities for Children and Adolescents without Power or When Playing Outside is Restricted](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)

Psychological First Aid and Skills for Psychological Recovery

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA 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 core actions. PFA Handouts include:

- [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](#))

For community and mental health providers who plan to continue working with affected communities long-term, review [Skills for Psychological Recovery](#) (SPR; [En Español](#)) and take the [SPR Online course](#).

Mobile Apps

- [Help Kids Cope](#)
- [PFA Mobile](#)
- [SAMHSA Behavioral Health Disaster Response App](#)

Social Media Posts

Even amidst the power outages or rolling blackouts, children will still want to play. Here are some simple ideas for children when playing outside isn't safe and power is out. <http://ow.ly/4uZD50DD5TZ>

Learn how to keep you and your family safe while sheltering during the winter storms. Follow these CDC guidelines <http://ow.ly/fGHT50DD5Se> and download the Help Kids Cope app for additional ideas <http://ow.ly/F6F130plXnU>.

Children grieve in different ways. Get tips on how to support children after the death of an important person in their life. <http://ow.ly/R2G150DD6bd>

Disaster Helpline

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.