

Mental Health Resources

- American Academy of Child and Adolescent Psychiatry at www.aacap.org includes “Facts for Families” – a fact sheet on post-traumatic stress disorder.
- American Psychiatric Association at www.psych.org includes press releases and fact sheets on the psychiatric dimensions of disaster.
- American Psychological Association at 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.
- Child Welfare League of America at www.cwla.org offers tips for “Talking with Children about Disasters and Violence.”
- National Alliance on Mental Illness at www.nami.org offers links to local chapters as well as informational documents such as “Helping Children Cope after a Terrorist Attack.”
- National Association of School Psychologists at www.nasponline.org offers extensive materials in many languages addressing suicide prevention, promoting tolerance, recognizing severe trauma reaction, and helping children with special needs cope.
- National Association of Social Workers (NASW) at www.naswdc.org includes a variety of resources and links, including an article on “Children’s Responses to Terrorism.”
- National Institute on Mental Health at www.nimh.nih.gov offers information on helping children and adolescents cope with violence and disasters.
- National Mental Health Association at www.nmha.org/children/index.cfm offers facts on “Helping Children Handle Disaster-Related Anxiety” and “Post-Traumatic Stress Disorder.”
- SAMHSA Center for Mental Health Services at www.mentalhealth.samhsa.gov/cmhs/managinganxiety/tips.asp#children contains tips for parents and emergency/disaster response workers in talking about traumatic events with children.
- South Central Center for Public Health Preparedness and the Alabama Department of Public Health produced a satellite conference on “How to speak with children about War and Terrorism.” This material can be viewed as a web cast at <http://www.adph.org/ALPHTN/index.asp?ID=3183>.