Resources for Grief, Loss, Trauma, & Mental Health Needs

In crisis:

Text HOME to 741741 to connect with a crisis counselor

Hotlines and support groups (/fs/resource-manager/view/072f18c8-f024-4364-89af-03b6e91527e4)

Mental health:

Guide to Developmental Milestones (https://childmind.org/guide/developmental-milestones/)

Books to help children understand emotional & learning challenges (https://childmind.org/article/best-childrens-books-about-mental-health/)

Adolescent health and medicine (/fs/resource-manager/view/93aab2cf-aa39-4c15-854f-455c32d835f8)

Eating disorders & body image concerns (https://childmind.org/topics/concerns/eating-and-body-image/)

Common Sense Media (https://www.commonsensemedia.org/)

Facilities:

Clarity Child Guidance Center (https://www.1in5minds.org/)

The Ridge Behavioral Health System (http://www.ridgebhs.com/)

Center for Young Women's Health (https://youngwomenshealth.org/)

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After a trauma or disaster:

Supporting students during a pandemic (https://drive.google.com/file/d/1VFutz3nE9jOBW9iqXIQr3MurVGKG4a0r/view)

How to respond after a tornado (https://drive.google.com/drive/folders/1VN0ZjU4J40GBE5_Rz9i7mPrLWmjaaceu)

Helping children cope after a traumatic event (https://childmind.org/guide/helping-children-cope-traumatic-event/)

Guide for dealing with a disaster or traumatic event (/fs/resource-manager/view/dab41587-e609-4dcd-af1d-3415b94e681b)

Tips for parents and teachers after a national tragedy (/fs/resource-manager/view/d98e00a9-06a5-40f8-aec7-d96129193bb5)

Coping with large-scale natural disasters (https://drive.google.com/file/d/1Ux3ZMHbmrmMaUu4oFe1pyFHDmmuCTfcg/view)

- Tips for parents after a natural disaster (https://drive.google.com/file/d/1VMHbuXgk8_U-CXiQknnH7xAsoz8Ly_au/view)

Fact sheet on media coverage (/fs/resource-manager/view/8dbb1478-a1a8-4218-9bf7-ada8cc1d923a)

- Tips for parents on media coverage (/fs/resource-manager/view/156c02c3-9b58-4bde-8ee2-23663a2f9b93)

Talking to children about a shooting (/fs/resource-manager/view/ad7b79b4-94f1-43e7-b70e-c2bf4d3df425)

Psychological impact of a shooting (/fs/resource-manager/view/ddf07415-3f96-464f-9bf3-0e0ed3a0d432)

How caregivers can take care of themselves (https://drive.google.com/file/d/1V2dxzDN_Ml6H9YFfAlf5IRZgGU4h7CCN/view)

Dealing with grief:

Signs of grief in children and teens (/fs/resource-manager/view/aaf2a371-1d7b-4040-b8d8-859ef441cd58)

Surviving the loss of a loved one to suicide (/fs/resource-manager/view/10848a24-5e68-4dc2-af38-e49fb9d42396)

Guide to recovery (/fs/resource-manager/view/7f641dc4-d5ce-471b-b37e-5bde13945525)

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