



IN THE AFTERMATH OF A TRAUMATIC EVENT:

Resources for Trauma, Grief, and Resilience

After a traumatic event occurs, internal and external resources rise to the occasion. Work-based, community-based, and faith-based individuals and organizations mobilize quickly and stand ready to offer support.

Below are several resources for adults and children. Divided into categories of trauma, grief, and resilience, there are a number of articles, fact sheets, and websites that may be helpful in the short term and beyond. Some may also offer person-to-person connections.

TRAUMA



NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)

Coping with Traumatic Events

[nimh.nih.gov/health/topics/coping-with-traumatic-events](https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events)

Helping Children and Adolescents Cope with Traumatic Events

[nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events](https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events)

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Coping Tips for Traumatic Events and Disasters

[samhsa.gov/find-help/disaster-distress-helpline/coping-tips](https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips)

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress

store.samhsa.gov/sites/default/files/d7/priv/sma13-4776.pdf

Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life

store.samhsa.gov/sites/default/files/d7/priv/sma13-4775.pdf

Tips for Talking with Children After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers

store.samhsa.gov/sites/default/files/d7/priv/sma12-4732.pdf

Warning Signs and Risk Factors for Emotional Distress

[samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors](https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors)



GRIEF

NATIONAL CHILD TRAUMATIC STRESS NETWORK

Childhood Traumatic Grief: Information for Parents and Caregivers

nctsn.org/resources/childhood-traumatic-grief-information-for-parents-and-caregivers

What is Childhood Traumatic Grief?

nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief

NATIONAL LIBRARY OF MEDICINE | MEDLINEPLUS

Links to articles on bereavement, grief, and loss

medlineplus.gov/bereavement.html

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Tips for Survivors: Coping with Grief After a Disaster or Traumatic Event

store.samhsa.gov/sites/default/files/d7/priv/sma17-5035.pdf



RESILIENCE

CENTER FOR THE STUDY OF TRAUMATIC STRESS (CSTS)

Promotes psychological health and resilience and offers numerous fact sheets for a wide range of situations

cstsonline.org

NATIONAL CHILD TRAUMATIC STRESS NETWORK

Resilience and Child Traumatic Stress

nctsn.org/sites/default/files/resources/resilience_and_child_traumatic_stress.pdf

POSITIVE PSYCHOLOGY CENTER | THE UNIVERSITY OF PENNSYLVANIA

Offers links to resources and research

ppc.sas.upenn.edu

THE RESILIENCE PROJECT

Aims to discover why some people are more able than others to resist or recover from challenges to their health and escape disease

resilienceproject.com

RESOURCES: A Final Note

Resources can play a crucial role in recovery and reaching out for help is the first step. One of the most important resources is social support. Reaching out to family, friends, colleagues, communities, and professionals may be the most crucial factor in building, promoting, and sustaining recovery and resilience.