



## Resources in Response to the Washington D.C. Plane and Helicopter Crash

In response to the recent plane and helicopter crash in Washington, D.C., the National Child Traumatic Stress Network has developed resources to help families and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#) (En Español; ASL)
- [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](#)
- [Talking to Children: When Scary Things Happen](#) (En Español)
- [Creating Supportive Environments: When Scary Things Happen](#) (En Español)
- [Once I Was Very Very Scared](#) – children’s book for young children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#) (for responders)

## Resources for Supporting Military Families

- [Understanding Child Trauma and Resilience: For Military Parents and Caregivers](#)
- [Childhood Traumatic Grief: Information for Military Parents or Caregivers](#)
- [Childhood Traumatic Grief: Information for School Personnel Teaching Military Children](#)
- [Helping Military Children with Traumatic Grief: Tips for Parents](#)
- [Sesame Street for Military Families: Grief](#)
- [Military One Source: Finding Support after the Death of a Loved One](#)
- [TAPS: Grief Counseling and Care in Your Community](#)

## Psychological First Aid

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card](#) provide a quick reminder of the core actions. The [PFA online training](#) (En Español) course is also available on the NCTSN Learning Center. PFA Handouts include:

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

*Available from the Center for the Study of Traumatic Stress at the Uniformed Services University and other partners:*

- [Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](#)
- [Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Helping People After a Loss](#)
- [Information for First Responders on Emotional Reactions to Human Bodies in Mass Death](#)
- [Meet the Helpers: Crisis Tips for Families and Caregivers \(PBS\)](#)

### **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.

### **Additional Resources**

For those that are needing technical assistance or additional resources, please don't hesitate to contact Dr. Melissa Brymer at [mbrymer@mednet.ucla.edu](mailto:mbrymer@mednet.ucla.edu).