

NCTSN External Resources

September 11th National Day of Service and Remembrance (September 2020)

In 2009, U.S. Congress designated September 11th as a National Day of Service and Remembrance. In support of the day, the National Child Traumatic Stress Network (NCTSN) has compiled resources for disaster response workers, educators, families, medical personnel, mental health professionals, and youth to help with recurring reactions and with current stresses and adversities.

For Educators

[9/11 Memorial](#)

Honors the men, women, and children killed in the terrorist attacks of September 11, 2001 and February 26, 1993. Includes various education programs, lesson plans, teaching guides, webcasts, interactive timelines, and other educational resources.

[National Association of School Psychologists \(NASP\)](#)

Provides resources for parents, educators, and other caregivers to support them help children deal with the anniversary of September 11. Includes advice on teaching children to process their reactions in a healthy way, fostering resilience and coping skills, and much more. Tip sheets are available in English and Spanish.

[Project Rebirth](#)

Recognizes “the unique preparedness needs of first responders as the frontline of disaster recovery.” Seeks to “chronicle living history and honor 9/11 victims and first responders, and to advance educational initiatives committed to pre-trauma resiliency building for first responders.”

For Families and Youth

[American Psychological Association \(APA\)](#)

- [Recovering Emotionally from Disaster](#)
Offers information on what can happen to people after a disaster or other traumatic event, how people respond differently over time, how to help yourself and your family, and when to seek professional help.
- [Resilience Guide for Parents & Teachers](#)
[Guía de resiliencia: para padres y maestros](#)
Provides resources and information on learning to assist children (preschool through high school) in building resilience. Includes practical steps for managing stress, anxiety, and uncertainty.
- [Building Your Resilience](#)
[El Camino a la Resiliencia](#)
Focuses on how to take your own road to resilience by developing and using a personal strategy; includes factors that can affect how people deal with hardship, and more.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- [Disaster Distress Helpline](#)

Provides crisis counseling for people experiencing emotional distress related to a disaster. Additional resources are offered including tips for individuals who experienced mass violence or disaster, strategies for addressing anniversaries and trigger events, and risk factors for developing traumatic stress.

[U.S. Department of Veterans Affairs' National Center for PTSD \(NCPTSD\)](#)

- [Mobile Applications](#)

Offers over a dozen self-help tools to help manage stress after trauma. This organization also offer several self-help mobile apps for Apple and Android mobile devices, such as [PTSD Coach](#), [Mindfulness Coach](#), and [Mood Coach](#).

[Tuesday's Children](#)

Supports youth, families, and communities impacted by terrorism and traumatic loss. They offer various programs for 911 family members, families of fallen military and 911 First Responder families.

[Voices of September 11th](#)

Provides information and resources for 9/11 families, rescue workers, and survivors. Includes support programs; forums; mental health and educational services to promote resiliency; up-to-date information through the website, newsletter, and direct mailings; and commemorative events to honor the lives and stories of September 11th. Also promotes public policy reform on prevention of, preparedness for, and response to terrorism; works to build bridges between international communities that have been changed by terrorism; and much more. VOICES launched the Center of Excellence for Community Resilience, which shares lessons learned to assist communities in healing after acts of natural disasters or mass violence.

For Service Providers/Agencies

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- [Disaster Technical Assistance Center \(DTAC\)](#)

Supports "SAMHSA's efforts to prepare States, Territories, Tribes, and local entities to deliver an effective mental health and substance abuse (behavioral health) response to disasters." Includes webinars and podcasts, Disaster Behavioral Health Information Series, and tip sheets for first responders and survivors.