



Resources in Response to the Recent Terrorist Attack and Afghanistan Transition

In response to the recent terrorist attack in Kabul and to address those transitioning out of Afghanistan, the National Child Traumatic Stress Network has resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. Resources include:

For Military and Veteran Families

- [Childhood Traumatic Grief: Information for Military Parents and Caregivers](#)
- [Childhood Traumatic Grief: Information for School Personnel Teaching Military Children](#)
- [Helping Military Children with Traumatic Grief: Tip for Educators](#)
- [Understanding Child Trauma and Resilience: For Military Parents and Caregivers](#)
- [After Service: Veteran Families in Transition](#)

For Families Transitioning Out of Afghanistan

- [Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers](#)
- [Children with Traumatic Separation: Information for Professionals](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Helping Youth After Community Trauma: Tips for Educators](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Understanding Refugee Trauma: For Child Welfare](#)
- [Understanding Refugee Trauma: For Primary Care Providers](#)
- [Understanding Refugee Trauma: For Mental Health Professionals](#)
- [Understanding Refugee Trauma: For School Personnel](#)

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. The [PFA for Unaccompanied Children](#) assists children immediately after arriving to the US. PFA Handouts include:

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

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

- [Guidelines for Helping Your Family after Combat Injury](#)
- [Impact of Invisible Injuries: Helping your Family and Children](#)
- [Understanding Post Deployment Stress Symptoms: Helping Your Loved Ones](#)
- [Military Child Education Coalition: Resources through Afghanistan Transition](#)
- [Wounded Warrior Project](#)
- [Cohen Veterans Network](#)
- [Sesame Street for Military Families](#)

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.

The Department of Veterans Affairs has a [Veterans Crisis Line: Suicide Prevention Hotline](#) at **1-800-273-8255 press 1** or text **838255**.

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.