

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 find resources that may help you in the short term and beyond. Divided into categories of trauma, grief, resilience, there are a number of online and written resources that may be helpful. Some resources may also offer person-to-person connections. The sampling below lists resources for both adults and children.

Resources-Trauma

HHS/NIH/National Institute of Mental Health (NIMH): Coping with Traumatic Events

<http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml>

HHS/Substance Abuse and Mental Health Services Administration (SAMHSA): Coping with Violence and Traumatic Events

<https://www.samhsa.gov/trauma-violence>

Dealing with the Effects of Trauma: A Self-Help Guide

<https://store.samhsa.gov/product/Having-Trouble-Coping-After-a-Disaster-Talk-With-Us-/PEP12-DDHCARD>

Tips for Survivors of a Traumatic Event: Managing Your Stress

<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

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

<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Traumatic-Event-What-to-Expect-in-Your-Personal-Family-Work-and-Financial-Life/SMA13-4775>

Resources-Grief

HHS/Substance Abuse and Mental Health Services Administration (SAMHSA): How to Deal with Grief

<https://store.samhsa.gov/system/files/sma17-5035.pdf>

National Child Traumatic Stress Network: What is Childhood Traumatic Grief?

<https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>

National Library of Medicine/Medlineplus: Links to articles on bereavement, grief, and loss

<https://MedlinePlus.gov/Bereavement.html>

Resources-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

<https://www.CSTSONline.org/>

Reaching IN...Reaching OUT (RiRo): Promoting resilience in adults and young children since 2002
Programs teach resiliency thinking and coping skills to parents and young children; offers guidebooks, articles, and videos

<http://www.ReachingInReachingOut.com>

The Resilience Research Centre (housed at Canada's Dalhousie University): Studies how children, youth, and families cope with adversity, and offers links to relevant articles and fact sheets

<http://www.resilienceproject.org>

HHS/Substance Abuse and Mental Health Services Administration (SAMHSA): Offers information and links to other resources

<https://www.samhsa.gov/child-trauma>

Resources: A Final Note

Resources can play a crucial role in recovery, and reaching out 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.

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