

# VHAN Resources to Support Children and Teens Through a Crisis or Traumatic Loss

## Talking With Children About Traumatic Loss

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### **The National Center for School Crisis and Bereavement**

[www.schoolcrisiscenter.org](http://www.schoolcrisiscenter.org)

Offers [preparedness toolkits](#) for parents and children to feel more secure and resources about how to see signs of distress in children and support their mental health following crisis

### **The Moodsters**

[themoodsters.com](http://themoodsters.com)

[Developmentally appropriate toolkits](#) for talking about emotions after a crisis, death or traumatic event

### **National Alliance for Children's Grief**

[nacg.org](http://nacg.org)

[Resources for talking with children](#) about loss and death and a portal to connect to local support

### **Coalition to Support Grieving Students**

[grievingstudents.org](http://grievingstudents.org)

Offers [psychoeducation](#) on grief, cross-cultural experiences of loss, traumatic loss, etc., resources to support a child, and how to provide support over time

### **The National Child Traumatic Stress Network**

[www.nctsn.org](http://www.nctsn.org)

Offers provider-facing and caregiver-facing materials about [talking to a child about a traumatic event](#); identifying signs of distress in children/teens; and talking to children about loss, fear and witnessing frightening things

## For Acute Bereavement Support

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### **Alive Grief Center**

[www.alivehospice.org](http://www.alivehospice.org)

Offers sliding-scale [grief counseling services](#) when someone has lost a loved one personally

Grief support groups [calendar](#)

## Vanderbilt Health Affiliated Network

[Parent's guide](#) for supporting their child(ren) after a shooting

[Guide to talking](#) about the shooting

Child Trauma [Toolkit for Educator](#)

[Tips for Parents](#) on Navigating Media Coverage of a Traumatic Event

### **American Academy of Pediatrics**

[www.aap.org](http://www.aap.org)

[Resource page](#) for helping children cope and adjust after a disaster

### **Child Mind Institute**

[childmind.org](http://childmind.org)

[Robust guide](#) for parents, caregivers, providers and educators supporting children and adolescents through a traumatic event; offers developmental stage breakdown of how to support and respond to the child

### **Mental Health America**

[mhanational.org](http://mhanational.org)

[Guide to helping children](#) cope with tragedy-related anxiety

### **Center for the Study of Traumatic Stress**

[portal.ct.gov](http://portal.ct.gov)

[Psychoeducational info sheet](#) for parents and caregivers about restoring a sense of wellbeing in children after a disaster

## For Clinicians and Providers

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### **American Academy of Pediatrics**

[www.schoolcrisiscenter.org](http://www.schoolcrisiscenter.org)

Guide to providing [psychosocial support to children and families](#) in the aftermath of disasters and crises

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

[Resource page](#) for supporting children and adolescents through traumatic events