



COPING IN CRISIS

Staying well with ISK

Week of May 18:

How to Talk with Youth After a Disaster or Traumatic Event

FROM SAMHSA:

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) (4-page PDF.)

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers](#) (4-page PDF.)

[Have You and Your Family Been Affected by a Disaster?](#) (Poster pertaining to youth and child reactions.)

[Resources for Families During the COVID-19 Outbreak from Harvard's Judge Baker Children's Center](#) (Webpage with links to resources including "Talking to Children About Coronavirus," "Parenting & Caregiving during COVID-19," etc.)

FROM MENTAL HEALTH FIRST AID: [Tips to Help Teens Cope During COVID-19](#) (Blog post.)

FROM NATIONAL CHILD TRAUMATIC STRESS NETWORK:

[Supporting Children During Coronavirus \(COVID19\)](#) (3-page PDF)

[Trinka, Sam, and Littletown Work Together](#) and [Trinka and Sam Fighting the Big Virus](#) (Stories to help young children and families talk about their feelings related to COVID-19 and the need to shelter in place.)

[After a Crisis: Helping Young Children Heal](#) (1-page PDF)

[Terrorism, Disaster and Children](#) (Webinar designed for clinicians, researchers, advocates, policymakers, and the general public who wish to better understand how terrorism or disasters affect children.)

FROM THE CDC: [Talking with Children About Coronavirus Disease 2019](#) (Webpage with tips and links to resources.)

FROM MENTAL HEALTH AMERICA: [Resources for Parents](#) (Webpage with links to tips for talking with youth plus distance learning resources.)

FROM THE MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES:

[Communicating with Children During the Covid-19 Outbreak](#) (11-page PDF kit with documents and resources focusing on promoting healthy and comforting discussions between children and their parents/guardians.)

Visit the ISK [Facebook page](#) for more tips. *Have a great week and stay well!*