

International wars and conflicts: How to support yourself and your family

Tip: It's ok to step away during this time and limit social media for yourself and your family

News about international wars and conflict bring scary and distressing images into our lives and the lives of our children. Children may experience a heightened sense of danger and worry about what will happen in the days and weeks ahead. Parents often wonder about what they can say to their children. The National Child Traumatic Stress Network (NCTSN) has resources to help parents and caregivers talk about the current situation with their children, including ways to support them and ways to support others who may be impacted.



Child Trauma Resources

- [Talking to children about war](#)
- [Creating Supportive Environments: When Scary Things Happen](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)

Military and Veteran Family Resources

- [Traumatic Grief for Military Children: Information for Families](#)
- [Understanding Child Trauma and Resilience: For Military Parents and Caregivers](#)



Psychological First Aid for Responders

PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. PFA Mobile and the PFA Wallet Card provide a quick reminder of the core actions.



Helpline Resources

SAMHSA [Disaster Distress Helpline](#) – call or text [800-985-5990](tel:800-985-5990) to be connected to a trained counselor 24/7/365

[Military OneSource](#) – call [800-342-9647](tel:800-342-9647) for eligible DOD service members and their families

[Veterans Crisis Line](#) – call [800-273-8255](tel:800-273-8255), press “1” or text 838255 for all service members

[PTSD Consultation Program](#) – for providers who treat Veterans. Ask a question by calling [866-948-7880](tel:866-948-7880) or emailing PTSDconsult@va.gov