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 conflicts 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 to be connected to a trained counselor 24/7/365

Military OneSource – call 800-342-9647 for eligible DOD service members and their families

Veterans Crisis Line – call 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 or emailing PTSDconsult@va.gov

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