Resources in Response to International Wars and Conflicts

International wars and conflict heighten our sense of danger and may cause worry about what will happen in the days and weeks ahead. 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 1-800-985-5990 to be connected to a trained counselor 24/7/365
- Military OneSource – call 1-800-342-9647 for eligible DOD service members and their families
- Veterans Crisis Line – call 1-800-273-8255, 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