

# RESOURCES IN RESPONSE TO TORANDOS IMPACING COMMUNITIES ACCOSS THE US

[Parent Guidelines for Helping Children after a Tornado](#)

[Tips for Parents on Media Coverage of the Tornado](#)

[Questions to Ask Your Children About the Tornado](#)

[After the Tornado: Helping Young Children Heal](#)

[Teacher Guidelines for Helping Students after a Tornado](#)

[Trinka and Sam and the Swirling Twirling Wind—e-book for young children \[\\(En Español\\)\]\(#\)](#)

[Tornado Response for Kids: Right After a Tornado](#)

[Tornado Response for Teens: Right After a Tornado](#)

[Helping Youth after a Community Trauma: Tips for Educators \[\\(En Español\\)\]\(#\)](#)

[Age-Related Reactions to a Traumatic Event \[\\(En Español; ASL\\)\]\(#\)](#)

[Simple Activities for Children and Adolescents \[\\(En Español\\)\]\(#\)](#)

[Talking to Children: When Scary Things Happen \[\\(En Espanol\\)\]\(#\)](#)

[Helping Teens with Traumatic Grief: Tips for Caregivers \[\\(En Español\\)\]\(#\)](#)

[Helping School-Age Children with Traumatic Grief: Tips for Caregivers \[\\(En Español\\)\]\(#\)](#)

[Helping Young Children with Traumatic Grief: Tips for Caregivers \[\\(En Español\\)\]\(#\)](#)

[The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)

[After the Injury—website for families with injured children](#)

[Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \[\\(En Español\\)\]\(#\) \(for responders\)](#)

## **Disaster Helpline**

SAMHSA has a Disaster Distress Helpline—call or text 1-800-985-5990 (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.