## Mental Health Resources for helping the community: War and Conflict



This list was compiled from various sources to provide resources to families. They provide a variety of approaches that are offered to allow families to find what they need and what is appropriate for their families or the children with whom they work. All are internet links for information.

### For All Ages

- How to Talk to Kids About What's Happening in Israel <u>Right Now</u>: This article from Kveller shares balanced scripts parents and family members can use with their children based on their age range.
- How to Talk to Kids About Violence, Crime, and War:
   Common Sense Media gathers tips and conversation starters to help you talk to kids of different ages about the toughest topics.
- <u>Talking to Your Kids About War</u>: VeryWell Family explores ways families can speak with young people about war, including tips on sharing information and restricting media coverage.
- How to Talk to Your Children About Conflict and War: UNICEF's guide offers eight tips to support and comfort your children.
- Handle with Care: Supporting Young People During Crises: Learning for
  Justice offers recommendations and resources to help guide conversations with
  young people and to manage potential subsequent actions and reactions.
- How to Talk to Kids About Violence in the News: Common Sense Media
  offers language for talking to and listening to children when they see or hear
  about violence in the world.
- talking-to-children-about-war.pdf (nctsn.org)
   National Child Traumatic Stress
   Network
- Age-Related Reactions to a Traumatic Event | The National Child Traumatic Stress Network (nctsn.org)
- <u>Talking to Teens When Violence Happens | The National Child Traumatic Stress Network (nctsn.org)</u>

### For Elementary School Students

• Resilience in a time of war: Tips for parents and teachers of elementary school children: This article from the American Psychological Association can help adults guide their young children beyond fear and to resilience.



# Mental Health Resources for helping the community: War and Conflict



#### For Middle School Students

 Resilience in a time of war: Tips for parents and teachers of middle school children: The American Psychological Association provides tips and strategies for parents and teachers of middle school-aged children.

### **Teaching Children to Resolve Conflict**

- <u>5 Steps to Help Kids Resolve Conflicts | Sunshine Parenting (sunshine-parenting.com)</u> Helping kids Resolve Conflict
- 8 Tips for Helping Children Learn to Resolve Conflict (childhood101.com)
   Childhood 101 ideas for helping children resolve conflict

### **Dealing with War Anxiety for Adults**

- War anxiety: How to cope Harvard Health Harvard Health guidance on how to cope with war anxiety.
- Israel-Hamas War Mental Health Resources Center for the Study of
   Traumatic Stress (cstsonline.org)
   Center for the Study of Traumatic Stress
   and US Comprehensive list of Mental Health Resources for dealing with trauma of War.

