

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

- [5 Steps to Help Kids Resolve Conflicts | Sunshine Parenting \(sunshine-parenting.com\)](#) 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.

