



Trauma: A guide to web-based resources

Trauma is a result of personally experiencing or witnessing a terrifying or scary events or situation. Trauma occurs when we become overwhelmed by the impact of the events and struggle to use our usual coping skills. Highlighted below are some helpful websites that provide information and education to families for how to help our children who are dealing with traumatic situations.

National Child Traumatic Stress Network

Multiple resources for parents and caregivers focused on how to help a family heal, questions and answers about difference types of abuse, and treatments that work. Information also provided in Spanish.

http://www.nctsn.org/nccts/nav.do?pid=ctr_aud_prnt

Information on topics such as: how danger becomes trauma, traumatic stress for different age groups, and how to recover from traumatic stress.

http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/Understanding_Child_Traumatic_Stress_Brochure_9-29-05.pdf



United States Department of Veteran Affairs

From the National Center for PTSD, information to help children cope with family members being deployed for war.

<http://www.ptsd.va.gov/public/pages/children-coping-deployment.asp>

Information for family and friends about the effects of trauma on families, children, relationships, and communities.

<http://www.ptsd.va.gov/public/pages/fslst-family-relationships.asp>

Child Trauma Institute

Multiple links to articles for parents on topic such as: Ask the Psychologist, divorce, child trauma, and child therapies.

<http://www.childtrauma.com/inf.html>

Parent Trauma Resource Center

The national Institute for Child for Trauma and Loss in Children is a website dedicated to providing parents and caregivers with many resources about grief and trauma. Information also available in Spanish and Arabic.

<http://www.tlcinst.org/PTRC.html>

