



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## Helping Students Cope With the Preparation and Aftermath of Natural Disasters

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities coping with hurricanes, wildfires and other natural disasters.

### **American Psychological Association (APA)**

[Tornadoes, Hurricanes, and Children](#) Guide for parents for how to help their kids cope with the aftermath of natural disasters.

[Recovering from Wildfires](#) Provides information about the impacts of traumatic events and natural disasters, as well as tips on how to take care of yourself and children after a wildfire has occurred. Guidance on when to seek additional help is also included.

### **The Center for Disease Control and Prevention**

[Helping Your Child Cope With A Disaster](#) Provides information on helping children cope with disasters and when to seek additional support for your child.

### **The Clay Center for Young Health Minds**

[Tips for Helping children Cope with Hurricanes, Storms, and Their Aftermath](#) Describes typical reactions children have during and after storms, and how caregivers can meet their child's needs during these times.

### **Mental Health America**

[Coping with Disaster](#) Outlines common emotional responses to disaster and how to address them.

### **The National Association of School Psychologists (NASP)**

[Large-Scale Natural Disasters: Helping Children Cope](#) Provides ways to identify and speak with students who may be impacted by natural disasters, with classroom management tips.

[Natural Disasters: Brief Facts and Tips](#) Describes common reactions following a natural disaster for different age groups. Provides helpful strategies for adults (parents, teachers, and other caregivers). Some strategies include remaining calm, acknowledging and normalizing feelings, and emphasizing the child's resiliency.

[Helping Children After a Wildfire: Tips for Parents and Teachers](#) Provides information for both parents and educators on how to help children cope in the aftermath of a wildfire. Includes the issues and challenges associated with wildfires, possible reactions of children from different age groups, and how to help children adjust to possible relocations.

### **The National Child Traumatic Stress Network (NCTSN)**

[After the Hurricane: Helping Young Children Heal](#) Provides information on how parents can help their young children cope with the aftermath of a hurricane. This fact sheet includes information on how children react, behavioral parents may see, and way to help.

[Help Kids Cope](#) Helps parents talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting. This mobile app is also a great resource for teachers and other professionals involved in children's lives. Available for iOS and Android.

[Simple Activities for Children and Adolescents](#) Offers activity ideas to parents whose families are being evacuated from their home, sheltering in-place, or who have lost power. This fact sheet outlines activities families can do without supplies, in lighted areas, or in dark areas to stay preoccupied with dealing with the stress of a major event.

[Parent Guidelines for Helping Children After a Hurricane](#) Offers parents guidance on helping their children after a hurricane. This fact sheet describes common reactions children may have after a hurricane, what to do to help, and self-care tips for parents.

[Teacher Guidelines for Helping Students after a Hurricane](#) Offers teachers guidance on helping students after a hurricane. This fact sheet describes common reactions students may have, how teachers and school staff can help them, as well as self-care for school personnel.

[College Students Coping After the Hurricane](#) Supports students who are recovering from a hurricane. This fact sheet describes common reactions students may experience, suggests way to enhance their capacity for coping, and gives a checklist of specific strategies students can use in the aftermath of the disaster.

[Trinka and Sam: The Rainy Windy Day](#) Offers parents and caregivers a way to talk with their children about hurricanes. This children's book describes some of Trinka's and Sam's reaction to a hurricane, talks about how their parents can help them express their feelings and feel safer. A caregiver guide is available in the back of the book that provides way parents can use the story with their children.

[Parent Guidelines for Helping Children Impacted by Wildfires](#) This fact sheet includes some of the common reactions children may have toward wildfires and their aftermath, how parents or guardians can help their children, and what caregivers can do to look after themselves.

## **Readiness and Emergency Management for Schools Technical Assistance Center (REMS TA)**

[Wildfire Preparedness for K-12 Schools and Institutions of Higher Education](#) Provides information and guidance on how schools, school districts, and Institutions of Higher Education can address the hazard of wildfires. Additional considerations for related emergency management functions and planning basics and principles are also included.

### **Scholastic**

[Helping Kids Cope with Natural Disasters](#) Provides tips for teachers and parents on reassuring children after natural disasters strike. Includes a blog post from a teacher in Texas about rebuilding her classroom after Hurricane Harvey.

### **Sesame Street**

[Hurricane Episode and Related Resources](#) These videos, tips, and activities can help young children feel safe, cope with emotions, and understand there is hope for the future.

[Support After an Emergency](#) This video features Big Bird and his Grandmother talking about a storm they've experienced and how they are coping. This resource can help children cope with the big changes that can come about after a natural disaster.

[Family Guide: Tornadoes](#) This guide aids parents in soothing and comforting their children after the event of a tornado. Information, tips, and activities are included.

[Family Guide: Earthquakes](#) This guide aids parents in soothing and comforting their children after the event of an earthquake. Information, tips, and activities are included.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers](#) This fact sheet helps parents and teachers recognize common reactions of children after experiencing a disaster or traumatic event. It highlights reactions by age group, offers tips for how to respond in a helpful way, and recommends when to seek help.

[The Disaster Distress Helpline \(DDH\)](#) is a national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.