



Resources for the U.S. Capitol Attack

The recent attack on the U.S. Capitol has evoked a range of emotions as well as upset our beliefs about safety in our country. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. Resources include:

- [Supporting Children After the U.S. Capitol Attack](#)
- [Coping After Mass Violence](#)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#)
- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)

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.

Additional Resources

For those that are needing technical assistance or additional resources, please don’t hesitate to contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.