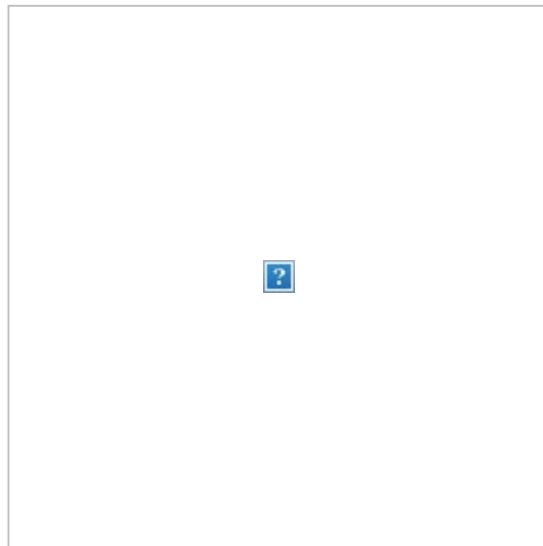


From: [Maryland Behavioral Health Integration in Pediatric Primary Care](#)
To: loretta@mdaap.org
Subject: Talking to Children About the War in Ukraine
Date: Monday, February 28, 2022 12:05:26 PM



Talking to Children About the War in Ukraine

Your patients may have questions after witnessing media coverage of the events that are unfolding in Ukraine. Additionally, military families may be experiencing increased stress during this time.

Following any upsetting or traumatic event, parents and caregivers may struggle with how to best support and reassure their children while also managing their own emotions. While it is difficult to prevent children from experiencing these events indirectly through television and online media, limiting this exposure will be helpful for the mental health of children. Feelings of anxiety and sadness, or changes in sleep and appetite are some of the reactions that children may experience.

Listed below are a number of resources related to helping children and families discuss and cope with traumatic events. As always, BHIPP is here to support you in addressing these concerns, the warline remains open from 9am-5pm Monday through Friday at **855-MD-BHIPP (632-4477)**.

National Child Traumatic Stress Network

Talking to Children about War
Coping After Mass Violence
Age-related Reactions to a Traumatic Event
Parent Guidelines for Helping Youth After Mass Violence
Psychological First Aid for Displaced Children and Families
Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers

Understanding Refugee Trauma

- *For Primary Care Providers*
- *For School Personnel*
- *For Mental Health Professionals*

Coping in Hard Times: Fact Sheets for

- *Parents*
- *Youth*
- *School Personnel*

Helping Children with Traumatic Grief

- *Young Children*
- *School-Age Children*
- *Teens*

PBS

Helping Kids Navigate Scary News Stories

American Academy of Pediatrics, Healthy Children

Talking to Children About Tragedies and Other News Events

American Academy of Child and Adolescent Psychiatry

Disaster and Trauma Resource Center

Resources for Military Families

Local Teen Stress Resiliency Program for Veteran and Active Duty Families

The Steven A. Cohen Military Family Clinic at Easterseals

1420 Spring Street, Suite 300, Silver Spring, MD 20910

240.847.7500 | info.mfc@eseal.org | mfc.eseal.org



National Child Traumatic Stress Network

Working Effectively with Military Families: 10 Key Concepts All Providers Should Know

Understanding Child Trauma & Resilience: For Military Parents and Caregivers

Military Children and Families: Supporting Health and Managing Risk

Impact of the Military Mission & Combat Deployment on the Service Members

Understanding Deployment Related Stressors & Long-term Health in Military Service Members & Veterans: The Millennium Cohort Study

An Overview of the Military Family Experience and Culture

Zero to Three

Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Deployment, Injury, or Death

Sesame Street

Military Family Resources

Center for Study of Traumatic Stress

Community Support for Military Children and Families Throughout the Deployment Cycle

Strengthening Military Families to Support Children's Well-Being

Helping Children Cope During Deployment

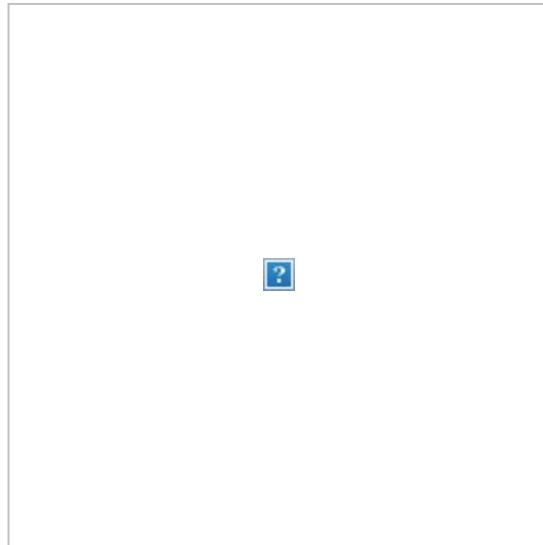
Helpline Resources

SAMHSA [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

[Military OneSource](#) – call **1-800-342-9647** for eligible DOD service members and their families.

[Veterans Crisis Line](#) – call **1-800-273-8255**, press “1” or text **838255** for all service members.

[PTSD Consultation Program](#) – for providers who treat Veterans. Ask a question by calling **866-948-7880** or emailing PTSDconsult@va.gov.



[Visit our website](#)

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