

Seek immediate help if your child is feeling that life isn't worth living, or if they are having thoughts of harming themselves or others.

Crisis Intervention and Suicide Prevention Hotline

(650) 579-0350

(800) 273-TALK (8255)

24/7 free and confidential support

Support and More Information

- San Mateo Medical Center Psychiatric Emergency Services
[\(650\) 573-2662](tel:6505732662)
- Mills Peninsula Psychiatric Emergency Services, Burlingame
[\(650\) 696-5915](tel:6506965915)
- Crisis Intervention and Suicide Prevention Hotline
[\(650\) 579-0350](tel:6505790350)
[\(800\) 273-TALK \(8255\)](tel:8002732735)
- Crisis Text Line
Text [START](tel:741741) to 741-741
- Rape Trauma Services
[\(650\) 692-RAPE \(7273\)](tel:6506927273)
- ACCESS Call Center (Behavioral Health and Recovery Services)
[\(800\) 686-0101](tel:8006860101)

- KARA - Grief Support for Children, Teens, Families and Adults
[\(650\) 321-5272](tel:6503215272)
- CORA - Communities Overcoming Relationship Abuse
[\(800\) 300-1080](tel:8003001080)

First Responders (and their families)

- San Mateo County Critical Incident Stress Management (CISM) Emergency Line
[\(650\) 363-4915](tel:6503634915)
- Safe Call Now - Anonymous Crisis Line
[\(206\) 459-3020](tel:2064593020)

National Helplines

- Disaster Distress Helpline
[\(800\) 985-5990](tel:8009855990)
Text "TalkWithUs" to 6674
- Office for Victims of Crime
[\(800\) 851-3420](tel:8008513420)
TTY: [\(301\) 947-8374](tel:3019478374)
- SAMHSA National Helpline
[\(800\) 662-HELP \(4357\)](tel:8006624357)
[\(800\) 487-4889 \(TDD\)](tel:8004874889)

To download a copy of this brochure or for more information on crisis resources, visit www.smchealth.org/crisisservices.

Behavioral Health and Recovery Services
www.smchealth.org/bhrsservices



COUNTY OF SAN MATEO
HEALTH SYSTEM

BEHAVIORAL HEALTH
& RECOVERY SERVICES



SUPPORTING YOUR CHILD AFTER A DISASTER OR TRAUMATIC EVENT

HELPING CHILDREN COPE WITH DISASTER

Children can feel very frightened during a disaster and afterwards some children will show temporary changes in behavior. For most children these changes will be mild, short-lived and diminish over time. Some children can have more severe reactions, which last longer.

When parents or caregivers have the tools to react calmly and confidently to the crisis, they can be the best source of support for their children. Knowing the typical reactions to stressful events can help you support your child.



Common Reactions in Children After a Disaster or Traumatic Event

- Fearful the event may happen again.
- Worrying about the safety of family, friends or pets.
- Not wanting to be separated from parents or caregivers.
- Irritability, increased angry outbursts, temper tantrums, fighting with friends or family for no reason.
- Frequent changes in mood.
- Being numb – not feeling at all.
- Decreased concentration and attention (in school or at home).
- Change in appetite - eating too much or not at all.
- Changes in sleeping habits.
- Having stomachaches and headaches, talking about feeling sick.
- Engaging in risk-taking behavior, such as reckless driving, drugs or alcohol use.
- Difficulty leaving home, going to school or engaging in social activities.

Helping Your Child Heal

- Hold them, **let them know you are there for them** and spend time together.
- **Encourage your child to talk and listen to their concerns.** Help them name how they feel and model healthy ways of expressing it.
- **Calmly provide factual information** about the event and what will happen next.
- Monitor and **limit** your child's **exposure to the media.**
- **Follow your child's lead.** Different children need different things.
- **Re-establish daily routines** as soon as possible.
- **Connect** with supportive people, community, culture and rituals.
- If they continue to be very upset, **talk with a primary care physician or a mental health professional.**