

## Support and More Information

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**San Mateo Medical Center  
Psychiatric Emergency Services**  
(650) 573-2662

**Mills Peninsula  
Psychiatric Emergency Services**  
Burlingame  
(650) 696-5915

**Crisis Intervention and  
Suicide Prevention Hotline**  
(650) 579-0350  
1(800) 273-TALK (8255)

**Crisis Text Line**  
Text START to 741741

**Rape Trauma Services**  
(650) 692-RAPE (7273)

**Access Call Center**  
Behavioral Health and Recovery Services  
For San Mateo County residents with  
Medi-Cal or those who are uninsured.  
1(800) 686-0101  
TTY: 711

**KARA**  
Grief Support for Children, Teens,  
Families and Adults  
(650) 321-5272

**CORA**  
Communities Overcoming  
Relationship Abuse  
1(800) 300-1080

To download a copy of this brochure or for  
more information on crisis resources, visit  
[smchealth.org/crisisservices](https://smchealth.org/crisisservices).

### **CRISIS INTERVENTION + SUICIDE PREVENTION HOTLINE** 24/7 free and confidential support

Seek immediate help if you or someone  
you know is feeling that life isn't worth  
living, or if you are having thoughts of  
harming yourself or others.

TOLL FREE:  
 **(650) 579-0350**  
**1(800) 273-TALK (8255)**

## National Helplines

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**Disaster Distress Helpline**  
1(800) 985-5990  
Text "TalkWithUs" to 6674

**Office for Victims of Crime**  
1(800) 851-3420  
TTY: (301) 947-8374

**SAMHSA National Helpline**  
1(800) 662-HELP (4357)  
TTY: 1(800) 487-4889

## First Responders

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**San Mateo County Critical Incident Stress  
Management (CISM) Emergency Line**  
(650) 363-4915

**Safe Call Now**  
Anonymous Crisis Line  
(206) 459-3020

[smchealth.org/bhrsservices](https://smchealth.org/bhrsservices)

6/20



# EMOTIONAL SUPPORT FOR YOUR CHILD

AFTER A DISASTER  
OR TRAUMATIC EVENT

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SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



## 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

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- 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

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- 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.
- **Use body movement** to help get rid of the buildup of extra stress hormones.
- **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.**