



Behavioral Health Resources and Information

For local mental health resources in Roswell:

Turquoise Health and Wellness: (575) 623-1480
1010 S Garden Ave
Roswell, NM 88203

For local medical attention in Roswell:

Eastern New Mexico Medical Center: (575) 622-8170
405 W. Country Club Roswell, NM 88201

For Statewide mental health resources:

New Mexico Crisis Access Line – Staffed 24/7 with bilingual speakers: (855) 662-7474

For national mental health resources:

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline – (800) 985-5990

How can we help children cope?

Parents play a critical role in helping children cope with crises.

- **Be available.** Make yourself available to your child in their time of need, without interruption.
- **Cancel other activities.** If you had other scheduled tasks or duties during the time of your child's crisis, postpone them to address the child's immediate needs.
- **Use of open communication.** It is important that you talk with your child openly and honestly. Use of support and positive reinforcement so your children know that they can ask any question on any topic freely and without fear of consequences is important.
- **Explain why you are concerned, be honest and straightforward.** If you have serious concerns about your child's behavior or emotional state, be honest with them and use examples to help them understand why you are concerned.
- **Listen.** Do not interrupt; do not argue with them; just listen. Let them express the problem from their perspective, ask them how they want to solve it together, and give them a chance to find solutions for themselves, or together with you.
- **Ask teachers and school clinicians about available crisis intervention resources in the community.** Familiarize yourself with services within the community who offer crisis intervention services after traditional hours. You will need to keep in touch with your child's teacher to monitor his/her academic performance.
- **Encourage them to talk.** Children feel better when they talk about their feelings. Children will talk at their own pace, you need to be able to feel comfortable talking to them, as they are ready.
- **Hold family meetings.** Keep the meetings lively, but controlled, so children learn that conflicts can be settled creatively and without violence or fear.



- **Provide reassurance.** Your child needs constant reassurance that things will get better and that in the long-term things will improve. Reassure your child that you will continue to be there for them and that you will see them through this crisis.
 - **Monitor your child.** You will need to monitor the adjustment of your child and spend additional individualized time with your child.
 - **Set routines.** Try to keep usual routines (e.g., meal times, activities, and bedtimes) as close to normal as possible. This allows a child to feel more secure and in control.
 - **Special needs.** Allow your child to be more dependent on you for a period of time (e.g., keeping light on at night, sleeping with parents, offering more hugs).
 - **Lessen media coverage.** Turn off media coverage regarding an incident because it can often be exaggerated or show the most severe scenes/pictures which can trigger stress-related symptoms/re-living the event.
 - **Accept feelings.** Your acceptance of your child's feelings will make a difference in how your child recovers from the trauma.
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Highlighted Resources for Children, Parents, and Educators

Tips for talking with and helping children and youth cope after a disaster or traumatic event: A guide for parents, caregivers, and teachers

<http://store.samhsa.gov/shin/content/KEN01-0093R/KEN01-0093R.pdf>

This tip sheet helps parents, caregivers, and teachers to recognize and address stress responses in children and youth affected by traumatic events such as automobile accidents and disasters. It describes stress reactions that are commonly seen in young trauma survivors from various age groups and offers tips on how to help as well as resources.

It's okay to remember

<http://www.nctsn.org/trauma-types/traumatic-grief/what-childhood-traumatic-grief>

This video provides information regarding traumatic grief in children, addresses the three main types of trauma reminders, and illustrates how families can experience the pain of loss and then heal. It features physicians and experts in the field and is appropriate for parents and others who care for children.

Parent Tips for School-age Children

This document offers information on common reactions after a disaster and how parents can respond to their school-age children.

http://www.nctsn.org/sites/default/files/pfa/english/appendix_e6_tips_for_parents_with_schoolage_children.pdf

Responding to stressful events: Helping children cope

http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/pdf/helping-child-cope_e.pdf

This packet contains information on helping children cope after a stressful event. It provides information on common reactions and coping techniques.

Tips for coping with stress after a disaster.

http://www.disasterdistress.samhsa.gov/media/745/ddh_brochure.pdf

This tip sheet helps provide advice on how to cope with stress after a disaster situation.