

Resources in Response to the War on Ukraine

The recent attack on Ukraine has impacted many families in the United States, especially our military and veteran families and those who have family living in the region. The NCTSN and our partners have resources for those families who may need support during this time:

Military and Veteran Family Resources

- [Working Effectively with Military Families: 10 Key Concepts All Providers Should Know](#)
- [Understanding Child Trauma & Resilience: For Military Parents and Caregivers](#)
- [Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Deployment, Injury, or Death](#) (Zero to Three)
- [Sesame Street for Military Families](#) (website)
- [Community Support for Military Children and Families Throughout the Deployment Cycle](#) (Center for Study of Traumatic Stress, CSTS)
- [Strengthening Military Families to Support Children's Well-Being](#) (CSTS)
- [Helping Children Cope During Deployment](#) (CSTS)
- [Military Children and Families: Supporting Health and Managing Risk](#) (webinar)
- [Impact of the Military Mission & Combat Deployment on the Service Members](#) (webinar)
- [Understanding Deployment Related Stressors & Long-term Health in Military Service Members & Veterans: The Millennium Cohort Study](#) (webinar)
- [An Overview of the Military Family Experience and Culture](#) (webinar)

General Child Trauma Resources

- [Talking to Children about War](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Psychological First Aid for Displaced Children and Families](#)
- [Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers](#)
- Understanding Refugee Trauma: [For School Personnel](#), [For Mental Health Professionals](#), and [For Primary Care Providers](#)
- Coping in Hard Times: Fact Sheet for [Parents](#), [Youth](#), and [School Personnel](#)
- Helping Children with Traumatic Grief: [Young Children](#), [School-Age Children](#), and [Teens](#)

Additional 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.

For those that are needing technical assistance or additional resources, please don't hesitate to contact **Dr. Greg Leskin** gleskin@mednet.ucla.edu for Military and Veteran Family resource questions and **Dr. Melissa Brymer** at mbrymer@mednet.ucla.edu for all other questions.