

Resources to Help Cope in Times of Crisis

List created by the MIT Work-Life Center to support the MIT community in the wake of recent violent events, April 2013.

MIT RESOURCES

Human Resources

- MIT Work-Life Center
<http://hrweb.mit.edu/worklife/welcome>
Services to help balance professional work and personal life, for staff, faculty, students and their families, including child care and parenting; teens and young adults; aging and elders; daily living.
- Human Resources Officers (<http://hrweb.mit.edu/hro-list>) provide support and guidance for managers, supervisors, and employees.

MIT Medical

<http://medweb.mit.edu/>

- Mental Health & Counseling Service/Personal Assistance Program
http://medweb.mit.edu/directory/services/personal_assistance.html
Provides specialized counseling and referral services to all members of the MIT Community. Call 617-253-2916.
- Community Wellness at MIT via MIT Medical
<http://medweb.mit.edu/wellness/programs/>
Offers programs concerning health and wellness promotion, including:
- Stress reduction, mindfulness and meditation
<http://medweb.mit.edu/wellness/programs/stress.html>
Support on the go: Calm phone line
617-253-CALM (x3-2256) for a guided three-minute relaxation recording.

Chaplains at MIT

<http://studentlife.mit.edu/rl/mit-chaplains>

Representing many of the world's religions, Chaplains are available for counseling and private talks.

MIT Together website

<http://together.mit.edu/>

Online portal to support resources for students in need of advice, help, and support.

Ombuds Office

<http://web.mit.edu/ombud/>

Helps people express concerns, resolve disputes, manage conflicts, and learn more productive ways of communicating.

Saferide

http://web.mit.edu/facilities/transportation/shuttles/safe_ride.html

Saferide provides safe transportation at night within and around the MIT Campus. This is a free service and is available to all members of the MIT Community.

INFORMATION AND RESOURCES ON ADULT TRAUMATIC STRESS

- Common Reactions to Traumatic Events
<http://medweb.mit.edu/mentalhealth/mh-reactions.html>
A handout developed by the MIT Mental Health & Counseling Service
- Dealing with the Effects of Trauma—A Self-Help Guide (PDF)
<http://store.samhsa.gov/shin/content/SMA-3717/SMA-3717.pdf>
- Tips for Survivors of a Traumatic Event: Managing Your Stress (PDF)
<http://store.samhsa.gov/shin/content/NMH05-0209R/NMH05-0209R.pdf>
- Recovering Emotionally
<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally>
- Taking Care of Your Emotional Health after a Disaster (PDF)
http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240142_EmoionalHealth.pdf
- Grief Leadership: Leadership in the Wake of Tragedy (PDF)
http://www.samhsa.gov/dtac/docs/CSTS_Grief_Leadership.pdf

INFORMATION FOR PARENTS AND CAREGIVERS ABOUT HELPING CHILDREN AND TEENS

The National Child Traumatic Stress Network

<http://www.nctsn.org/>

NCTSN was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events. They offer a number of resources for Parents and Caregivers, including the following handouts:

- Talking to Children about Bombings (PDF)
http://www.nctsn.org/sites/default/files/talking_to_children_about_the_bombing.pdf
- Parent Guidelines for Helping Youth after the Bombings (PDF)
http://www.nctsn.org/sites/default/files/parents_guidelines_for_helping_teens_after_the_recent_bombings_1.pdf

- [After a Crisis: Helping Young Children Heal \(PDF\)](http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2013/02/helping_young_children_heal_crisis.pdf)
http://www.mainedisasterbehavioralhealth.com/wp-content/uploads/2013/02/helping_young_children_heal_crisis.pdf
- [Psychological First Aid: Parent Tips for Helping Preschool -Age Children after Disasters \(PDF\)](http://www.nctsn.org/sites/default/files/pfa/english/appendix_e5_tips_for_parents_with_preschool_children.pdf)
http://www.nctsn.org/sites/default/files/pfa/english/appendix_e5_tips_for_parents_with_preschool_children.pdf
- [Effective Treatment for Youth Trauma \(PDF\)](http://www.nctsn.org/sites/default/files/assets/pdfs/effective_treatments_youth_trauma.pdf)
http://www.nctsn.org/sites/default/files/assets/pdfs/effective_treatments_youth_trauma.pdf
- [Age-Related Reactions to a Traumatic Event \(PDF\)](http://www.nctsn.org/sites/default/files/assets/pdfs/age_related_reactions_to_a_traumatic_event.pdf)
http://www.nctsn.org/sites/default/files/assets/pdfs/age_related_reactions_to_a_traumatic_event.pdf
- [Tips for Parents on Media Coverage \(PDF\)](http://www.ct.gov/dmhas/lib/dmhas/publications/tips_for_parents_media_final.pdf)
http://www.ct.gov/dmhas/lib/dmhas/publications/tips_for_parents_media_final.pdf

The Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event \(PDF\)](http://store.samhsa.gov/shin/content/SMA12-4732/SMA12-4732.pdf)
<http://store.samhsa.gov/shin/content/SMA12-4732/SMA12-4732.pdf>
- [Psychological First Aid: Parent Tips for Helping School-Age Children after Disasters \(PDF\)](http://rems.ed.gov/docs/SAMHSA_ParentTipsSchoolChildrenDisasters.pdf)
http://rems.ed.gov/docs/SAMHSA_ParentTipsSchoolChildrenDisasters.pdf
- [Helping Children Deal with Tragic Events in the News: Timeless Wisdom from Fred Rogers for Parents, Caregivers and Teachers \(PDF\)](http://www.ncdhhs.gov/mhddsas/services/disasterpreparedness/MisterRogersFINAL.pdf)
<http://www.ncdhhs.gov/mhddsas/services/disasterpreparedness/MisterRogersFINAL.pdf>
- [Helping Children Cope with Disaster \(PDF\)](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m14740413_Helping_children_cope_with_disaster_-_English.pdf)
http://www.redcross.org/images/MEDIA_CustomProductCatalog/m14740413_Helping_children_cope_with_disaster_-_English.pdf

HOTLINES AND OTHER RESOURCES

Hotlines

- [American Red Cross's Disaster Mental Health Services](http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally)
<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally>
- [SAMHSA Disaster Distress Helpline](http://www.disasterdistress.samhsa.gov/)
<http://www.disasterdistress.samhsa.gov/>
A free, confidential, and multilingual crisis support service that is available via phone (1-800-985-5990) and SMS (text TalkWithUs to 66746) to anyone experiencing psychological distress as a result of the recent events in Boston.

Organizations

- [American Academy of Child & Adolescent Psychiatry Disaster Resource Center](http://www.aacap.org/cs/DisasterTrauma.ResourceCenter)
<http://www.aacap.org/cs/DisasterTrauma.ResourceCenter>
The Disaster Resource Center offers a number of resources including books, trauma fact sheets, FAQs on traumatic events and common stress reactions, resources for how to get help, etc.
- [American Academy of Child and Adolescent Psychiatry](http://aacap.org/) (<http://aacap.org/>) provides related resources for helping children deal with disaster and violence.
- [The Trauma Center at Justice Resource Institute](http://www.traumacenter.org/)
<http://www.traumacenter.org/>
The Trauma Center provides comprehensive services to traumatized children and adults and their families at the main office in Brookline. They have a number of resources for adults, children and families.
 - [Trauma Center Resources for adults, children, and families](http://www.traumacenter.org/resources/tc_resources.php)
http://www.traumacenter.org/resources/tc_resources.php
 - [Information Group Trauma Responses in the Wake of the Boston Marathon Events \(PDF\)](http://library.constantcontact.com/download/get/file/1100903145221-971/Information+Group+re+Marathon+Trauma+Responses+Trauma+Center.pdf)
<http://library.constantcontact.com/download/get/file/1100903145221-971/Information+Group+re+Marathon+Trauma+Responses+Trauma+Center.pdf>

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