

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
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 provide support and guidance for managers, supervisors, and employees.

MIT Medical

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

Chaplains at MIT

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

MIT Together website

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

Ombuds Office

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

Saferide

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](#)
A handout developed by the MIT Mental Health & Counseling Service
- [Dealing with the Effects of Trauma—A Self-Help Guide \(PDF\)](#)
- [Tips for Survivors of a Traumatic Event: Managing Your Stress \(PDF\)](#)
- [Recovering Emotionally](#)
- [Taking Care of Your Emotional Health after a Disaster \(PDF\)](#)
- [Grief Leadership: Leadership in the Wake of Tragedy \(PDF\)](#)

INFORMATION FOR PARENTS AND CAREGIVERS ABOUT HELPING CHILDREN AND TEENS

The National Child Traumatic Stress Network

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 \(PDF\)](#)
- [Parent Guidelines for Helping Youth after the Bombings \(PDF\)](#)
- [After a Crisis: Helping Young Children Heal \(PDF\)](#)
- [Psychological First Aid: Parent Tips for Helping Preschool -Age Children after Disasters \(PDF\)](#)
- [Effective Treatment for Youth Trauma \(PDF\)](#)
- [Age-Related Reactions to a Traumatic Event \(PDF\)](#)
- [Tips for Parents on Media Coverage \(PDF\)](#)

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 \(PDF\)](#)
- [Psychological First Aid: Parent Tips for Helping School-Age Children after Disasters \(PDF\)](#)
- [Helping Children Deal with Tragic Events in the News: Timeless Wisdom from Fred Rogers for Parents, Caregivers and Teachers \(PDF\)](#)
- [Helping Children Cope with Disaster \(PDF\)](#)

HOTLINES AND OTHER RESOURCES

Hotlines

- [American Red Cross's Disaster Mental Health Services](#)
- [SAMHSA Disaster Distress Helpline](#)
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](#)
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](#) provides related resources for helping children deal with disaster and violence.
- [The Trauma Center at Justice Resource Institute](#)
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](#)
 - [Information Group Trauma Responses in the Wake of the Boston Marathon Events \(PDF\)](#)