

Self- and Collective Care Resources for Adults or Caregivers

Compiled by Project AWARE TA Center and Safe Schools/Healthy Students TA Center staff

Parents, Caregivers, and General Adults

[Care for Caregivers: Tips for Families and Educators](#)

National Association of School Psychologists (NASP)

Caregivers must take good care of themselves so they are able to take good care of the children in their charge. This resource is a succinct list of considerations for caregivers to prevent burnout, including healthy habits.

[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#)

Center for the Study of Traumatic Stress (CSTS)

This brief resource was developed in response to the school shooting in Newton, Connecticut. It provides strategies for communicating effectively with children, keeping children and you safe, and preparing for future emergencies.

[Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers](#)

SAMHSA

This tip sheet outlines signs of trauma and strategies for support across multiple youth age groups.

[When Terrible Things Happen: For Adults](#)

National Child Traumatic Stress Network (NCTSN)

This three-page tipsheet from the Psychological First Aid for Schools Field Operations Guide lists immediate and continuing reactions to an emergency, including potential positive changes in worldview. It also includes a checklist of coping strategies that do and do not help.

School Administrators and Staff

[Care for the Caregiver: Guidelines for Administrators and Crisis Teams](#)

National Association of School Psychologists (NASP)

This resource details risks and stressors for school staff, warning signs of burnout, administrative strategies to support staff, and self-care strategies.

[Psychological First Aid for Schools \(PFA-S\) Provider Care](#)

National Child Traumatic Stress Network (NCTSN)

This three-page tipsheet provides a succinct overview of common and extreme stress reactions, helpful procedures to minimize distress, and a self-care worksheet and tips.

[Back to School Resources for Schools](#)

National Child Traumatic Stress Network (NCTSN)

This one-pager lists many helpful webinars and printed materials that are currently available from NCTSN. Topics include the impact of community violence on youth, school recovery after violence, and disaster guidelines.

First Responders and Front Line Providers

[Organizational Resilience: Reducing the Impact of Secondary Traumatic Stress on Front Line Human Services Staff](#)

Project AWARE TA Center

This issue brief provides an overview of secondary traumatic stress (STS), its risk factors, and its effects on health; organizational policies and strategies to reduce STS; tips for STS screening, self-assessment, and self-care; and actions everyone can take to prevent workplace STS.

[Secondary Traumatic Stress](#)

Administration for Children and Families

This resource outlines compassion fatigue or secondary traumatic stress, “a natural but disruptive by-product of working with traumatized clients.” It includes individual and organizational approaches to minimizing distress.

[Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals](#)

National Child Traumatic Stress Network (NCTSN)

For therapists, child welfare workers, case managers, and other helping professionals, listening to trauma stories may take an emotional toll that compromises professional functioning and quality of life. This factsheet outlines options for assessment, prevention, and interventions for secondary traumatic stress.

[Tips for Disaster Responders: Preventing and Managing Stress](#)

SAMHSA

This tipsheet is a list of concise strategies for emergency responders before, during, and after a traumatic event or disaster. It focuses on practical strategies for planning, engaging with survivors, and self-care.