**SOCIAL EMOTIONAL RESOURCES FOR YOUNG CHILDREN & CAREGIVERS AFTER HURRICANE HELENE**

Updated 10/24/2024 by Alexandra Morris, MSW, Early Childhood Behavioral Health Programs Specialist, Division of Child and Family Well-Being, [Whole Child Health](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ncdhhs.gov%2Fdivisions%2Fchild-and-family-well-being%2Fwhole-child-health-section&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C9764f20c609f479c7ddb08dceeaff7dd%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638647686747017973%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yvrGoWf8qY4FaDJ0AQYyfoCFhn%2FgvePubKUV157D0jQ%3D&reserved=0), NC Department of Health and Human Services, alexandra.morris@dhhs.nc.gov

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| Quick View:* One-pagers to be shared or posted: [After the Hurricane: Helping Young Children Heal](https://www.nctsn.org/resources/after-hurricane-helping-young-children-heal) ([poster version](https://reachinstitute.asu.edu/sites/default/files/2024-10/Tips%20for%20Parents%20on%20Helping%20Your%20Young%20Child%20Heal%20After%20a%20Hurricane.pdf))
* Informational guides (3-4 pages): [Parent Guidelines for Helping Children after a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D27775e6da5-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DT6C6AnL4v_jxWU5oZvKp8kk_d1iVtkNNnl2n_l1iWLc%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342860138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=r3yES%2BxqiwLlNo3vcyyxDdSIAigGiPqYt3Dfnp3t818%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D0c177a4a64-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DQZYk4dOlCYVIXXTvddws1VVN5SLYtBUtwTDiXuWut1U%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342874909%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OcQ8hsauNJ67uRgsC1vaJCkOy1ygzSGaPeowDBlrRKs%3D&reserved=0))
* Videos that children and caregivers can watch together, with guidance for adults: [Sesame Workshop Offering Comfort in Scary Times](https://sesameworkshop.org/resources/offering-comfort-in-scary-times/); [Feeling Safe](https://sesameworkshop.org/resources/i-can-feel-safe-walton/)
* Social story for young children, featuring WNC: [There Was a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fa6uvuffab.cc.rs6.net%2Ftn.jsp%3Ff%3D001a7_gXQpD9UvEYo3T6IUoBJ3GIJ4gn_X7yh68Tpeb0tw-LWuLt_sNYDCG4fOCGd7yBiyqW-7oxy-kQC25US4OyvBL9E0MH3fYI5Yht46mCja6RANXC-jx_PXsA-Sd69DLvLzUNDnxQesgVwUPih56vh5DV-N9XL6jPHZ0XQ-yKcNjnrXlYvSX6leXA_aF3SzCZB8BqDpdFpv0S8WGxZ1H2NMkcNFpJbWWPdnl5WB8BsU%3D%26c%3DZehDSH53vmC6ukuUwCnR1axw8L1Dfy2HVS88E2TZTrerSYJQ1i19mg%3D%3D%26ch%3DaNG8qHCgHPANyBReqth9c1W1-K-WKzKTMqS04RvS14snBnRgzy-PWw%3D%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7Cf9060dff24894154fa4d08dcfdbced42%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638664235080415515%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=U7E0ky0WU5M8xqKWQ0EMz6ehGBjPA7RWLf3LNkwYOFc%3D&reserved=0)
* E-book for young children, with tools: [Trinka and Sam: The Rainy Windy Day](https://piploproductions.com/stories/trinka-and-sam-hurricane/) ([En Español](https://piploproductions.com/nuestros-cuentos/trinka-y-juan-huracan/))
* Sesame Street episode: [A Hurricane Comes to Sesame Street](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__sesameworkshop.org_resources_sesame-2Dstreet-2Dgets-2Dstorm_%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DKqI-vk0UaDTZfqZwz0dXboSYIiUxUttHz0PMH8_cljA%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342701739%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Ojkm%2BiFP%2FRFB1mBNf4AVpf26RymBEQ07AdKLyMN%2FwaQ%3D&reserved=0)
* Sesame Workshop Spanish Language Resources: <https://sesameworkshop.org/search?s=&type=resource&topic=emergencies-en&language=e>
* Apps: [Help Kids Cope](https://www.nctsn.org/resources/help-kids-cope) specifically covers natural disasters; [PFA Mobile Psychological First Aid](https://www.nctsn.org/resources/pfa-mobile)
* Early Care and Education Providers: Child Care Health and Safety Resource Center <https://healthychildcare.unc.edu/hurricane-helene-resources/>
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## Interactive Support

[**Resources for Resilience**](https://resourcesforresilience.com/)™ is offering listening circles via Zoom now through November 22 for western NC residents affected by Hurricane Helene. Join online as we lean on one another, and highlight what is getting us through this difficult time. <https://resourcesforresilience.com/resources-for-resilience-trainings/>

## Sesame Workshop

[https://sesameworkshop.orgtopics/emergencies/](https://sesameworkshop.org/topics/emergencies/)

* “Here for Each Other” After an Emergency [https://sesameworkshop.org/resources/here-for-eachother/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__sesameworkshop.org_resources_here-2Dfor-2Deachother_%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3D02DWNs_YV4yu8TcF9aeY96yvRBnWAR2s_2i8pwIKClo%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342716263%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Z%2BrmPz2GSeMV2Mz3aAHq0xLAsgiKG7r9J4uB88Gb5Ik%3D&reserved=0)
* Family Guide<https://sesameworkshop.org/resources/support-after-a-hurricane/>
* Feeling Safe <https://sesameworkshop.org/resources/i-can-feel-safe-walton/>
* Offering Comfort in Scary Times<https://sesameworkshop.org/resources/offering-comfort-in-scary-times/>
* A Hurricane Comes to Sesame Street [https://sesameworkshop.org/resources/sesame-street-gets-storm/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__sesameworkshop.org_resources_sesame-2Dstreet-2Dgets-2Dstorm_%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DKqI-vk0UaDTZfqZwz0dXboSYIiUxUttHz0PMH8_cljA%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342701739%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Ojkm%2BiFP%2FRFB1mBNf4AVpf26RymBEQ07AdKLyMN%2FwaQ%3D&reserved=0)
* Spanish Language Resources [https://sesameworkshop.org/search?s=&type=resource&topic=emergencies-en&language=e](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__sesameworkshop.org_search-3Fs-3D-26type-3Dresource-26topic-3Demergencies-2Den-26language-3Des%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DSxCjIto5qcd36e1meXhj0k3vwGbJxY8TkQJza1LdIVE%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342767362%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NmzGY%2BzPRvf8aoueqJcawwi11w6vU238FtKCnijZGHM%3D&reserved=0)

## National Child Traumatic Stress Network

<https://ncpal.org/news/hurricane-helene-resources>

### APPS:

* [Help Kids Cope](https://www.nctsn.org/resources/help-kids-cope) specifically covers natural disasters
* [PFA Mobile Psychological First Aid](https://www.nctsn.org/resources/pfa-mobile)
* [Connections App Sign-Up](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fw6wxcxebb.cc.rs6.net%2Ftn.jsp%3Ff%3D001qN3h-Vf6KEjmyHfiJxevMOpzpxrF2mkpFF41VsrA9krj-k_v657VBjaNruO1GI-RgJW_CrEtepq28vg0ZMc4esJEkMktgVA4x_S-cygNIOry_jseSBukiEtavorlTNhQbsK_uyYG_ktG1KO4wV_anP3p_JQYDKffD56g1PXE0La6ApqeBJi6etuzbtIt4HDK%26c%3DFE77Qy3pegz7q-hmZkwMWz69dd_VQkvdiT1CdBg0xp_fMIph760BVA%3D%3D%26ch%3D1oxQWuZNsubhcMCDd4oufvK62GwN0vmVMHXh3YxHlAnkEkOLr5q3jw%3D%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7Ce9b1dcf749a548afcad008dceeb4192c%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638647704513299149%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qGw2AJZNq3HyZR5%2Fip8%2BMaM4cnm5Lt%2BG9OQ7XJX0HF8%3D&reserved=0) for 24/7 peer support, virtual meetings and access to an online community of people in recovery from substance use and mental health challenges

### HURRICANE RESPONSE RESOURCES:

* [Parent Guidelines for Helping Children after a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D27775e6da5-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DT6C6AnL4v_jxWU5oZvKp8kk_d1iVtkNNnl2n_l1iWLc%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342860138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=r3yES%2BxqiwLlNo3vcyyxDdSIAigGiPqYt3Dfnp3t818%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D0c177a4a64-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DQZYk4dOlCYVIXXTvddws1VVN5SLYtBUtwTDiXuWut1U%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342874909%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OcQ8hsauNJ67uRgsC1vaJCkOy1ygzSGaPeowDBlrRKs%3D&reserved=0))
* [After the Hurricane: Helping Young Children Heal](https://www.nctsn.org/resources/after-hurricane-helping-young-children-heal) ([poster version](https://reachinstitute.asu.edu/sites/default/files/2024-10/Tips%20for%20Parents%20on%20Helping%20Your%20Young%20Child%20Heal%20After%20a%20Hurricane.pdf))
* [Age-Related Reactions to a Traumatic Event](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D1cdf18772d-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3Db6eQ7syPOGTCX6077uWcIVI64DCuMXY5F6jxn44rtcA%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342904194%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6iDns%2FEFvXaPYqfYARpGhLCVco4%2FI4sJulgkIk6oqGM%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D05eb6ffaef-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3D-wm7IRXSR5FRpdQkfjlfFECFrdehz73ClwS0qFpArrY%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342918886%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ZVoCg9jnIvYH%2FSfhcXFOyLbiL9f4FgPbiDcFFt%2BzjmQ%3D&reserved=0): [ASL](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Da95ce98c90-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DHifpbzF2IVvc0VHfWGTvyabF6Mp0nEhEQH6OPJR5aLA%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342939660%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yoSM95OqZqeRZB7axRrev9x6pSpjl%2FBI%2BnPpGy2WFik%3D&reserved=0))
* [Simple Activities for Children and Adolescents](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D3338f226ed-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DsI8X4VoTx7JhKpu3if7S3j5o31twjEUWy3Hb56W8h2c%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342960438%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=39htkWLmonTiu4u58fabEXcfOFsPBubACQbeszPZi2I%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D5fecab9943-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DUH50AZXjS9l2icXCkjssfkPsEENKJAi--IRTkix1e3U%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955342982208%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mdR%2BygAinoDUh9uEVKi6Z%2Bw0WXJnWRa%2FzJETw%2BX9vAE%3D&reserved=0))
* [Trinka and Sam: The Rainy Windy Day](https://piploproductions.com/stories/trinka-and-sam-hurricane/) — e-book for young children ([En Español](https://piploproductions.com/nuestros-cuentos/trinka-y-juan-huracan/))
* [Teacher Guidelines Helping Students After a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D5ac777c4fd-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3Dwn-qtJKgKmQvTjZX-Gvdp54jVIDMkTMi8uD6iipVE3U%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343064358%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=C7oEb87ZscCXTPKcuZwSsIXSFEZOICBzKnvtEHXIQgo%3D&reserved=0)
* [Talking to Children: When Scary Things Happen](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Df08b8ab673-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3D5BWZfNniBVXYIVRwVCVXIOB3Km69w5TS3Cu2L4l5aE4%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343085403%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Zeem0RPs%2FkUvFwOuk6w3iVsQYZj38PsmTeAIk5Qk1zE%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D748497384c-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DGkzl6cvpTAAKDO_9JwwpTrIQZACZMm3RoJs8z4Tpbpc%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343105941%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pjl4b2bDsmwy%2BYtoftkXG7KO4dPARp9Xw%2BUdtDHk9b4%3D&reserved=0))
* [Tips for Parents on Media Coverage of Traumatic Events](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3De538bb5825-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DTvjv6EjT5jDiuawgMTV0z-y0dlZ1ta4nq8jjNjb7lzM%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343126431%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iZapsMfYcpgdJ%2Bqldvi2u7jUSbPc04goSq6xP5mZOyk%3D&reserved=0)
* [Once I Was Very Very Scared](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Df6cff649bb-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DUVW51OEBNWDKydpCIz-NJyhXPPfK6dQxvmeCmTc19zQ%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343147448%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xtGSC5Fi1JQdhnoOolqG2r2mYzjX%2Bcdyc206N4wnIqM%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Dda3dba19fb-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DOjcK2v2c0f_GMcUSwkg9hv4BgmCYn3HK6Cba3Tq_ItY%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343168047%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=luj4BJzZfyywrod32Tc42BbgNHhJZIpbQeCu7SIkZRQ%3D&reserved=0)) — e-book for young children
* [After the Injury](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D6beff8964d-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DimeqY7SAaeiExJUccyX35u_hjj3mhrnQlEW4jehZ98o%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343184340%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YTS7wfYikqDOXmij2pph0JXnQ0nIelb3ZaTZr3xh1sw%3D&reserved=0) — website for families with injured children
* [Health Care Toolbox](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D2017d88be9-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DNReCvx1CEb5Lioh-Ni1uaRLCkeFIv1ATZ0XSps6nqQY%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343201908%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=dGJanxNXt%2BX8mBjmslV0m9uosgyK2FIF%2B0TtCmKRUys%3D&reserved=0) — website for pediatric health providers working with injured children
* [Pause-Reset-Nourish (PRN) to Promote Wellbeing](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Deb215b728e-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3D3Q3p_xe-eb9lO2BHA8EiFDihtZiBS6d6dQZQyHm8tok%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343223504%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9vIuQzrmWft9S4SR74vZH%2FvfTXdq3ssBTlyYtAHHtKQ%3D&reserved=0) ([En Español](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D65daf4f7b3-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3Du7EWGlfE6okmLl7eOLGKqtoE8DiWorBRvcMo-VbKWtc%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343244303%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tAntGWizQA4cjz4fttp2PSTOyHimk1F550R5CigQTvY%3D&reserved=0)) — for responders
* [Here for Each Other: Family Guide](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D166b77cecb-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DuhcZYRsH8YP_gu0qAoaw4i5BwsmSfU_ghn9uwhJkITs%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343262568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=N962fFyderhvDZ1KFe%2B%2BRVttw4Niyzz%2FXKvlB5E9Cuo%3D&reserved=0) (from Sesame Street)
* [There Was a Hurricane](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fa6uvuffab.cc.rs6.net%2Ftn.jsp%3Ff%3D001a7_gXQpD9UvEYo3T6IUoBJ3GIJ4gn_X7yh68Tpeb0tw-LWuLt_sNYDCG4fOCGd7yBiyqW-7oxy-kQC25US4OyvBL9E0MH3fYI5Yht46mCja6RANXC-jx_PXsA-Sd69DLvLzUNDnxQesgVwUPih56vh5DV-N9XL6jPHZ0XQ-yKcNjnrXlYvSX6leXA_aF3SzCZB8BqDpdFpv0S8WGxZ1H2NMkcNFpJbWWPdnl5WB8BsU%3D%26c%3DZehDSH53vmC6ukuUwCnR1axw8L1Dfy2HVS88E2TZTrerSYJQ1i19mg%3D%3D%26ch%3DaNG8qHCgHPANyBReqth9c1W1-K-WKzKTMqS04RvS14snBnRgzy-PWw%3D%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7Cf9060dff24894154fa4d08dcfdbced42%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638664235080415515%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=U7E0ky0WU5M8xqKWQ0EMz6ehGBjPA7RWLf3LNkwYOFc%3D&reserved=0) — social story for children featuring WNC

### RESOURCES ON TRAUMATIC GRIEF:

* [Helping Young Children with Traumatic Grief: Tips for Caregivers](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D9fbe53c441-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DAYbJuuiHuQXLmpWZVZxikSKCrSoSUqx-AQM7RE5sLSs%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343279115%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=bUQwtnklralEMC1EN5uQufw2Pkb%2F7lq7SXrrV%2F0CDj4%3D&reserved=0)
* [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D37894d89e0-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DSrnJWwiH_DzzWNnoH7kpnXrmY1tGCCRMste7dcLAPc0%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343324739%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ppMlZvFJPr9gOE%2BDqB9HFl65kN%2BChLW%2B4P%2BHAPkRBn0%3D&reserved=0)
* [Helping Children Cope with Traumatic Events](https://www.childcareaware.org/our-issues/crisis-and-disaster-resources/tools-publications-and-resources/helping-children-understand-and-cope-with-disasters/?blaid=6592406) – resource list from Child Care Aware

## Resources for Early Care and Education Programs

* Child Care Health and Safety Resource Center: [https://healthychildcare.unc.edu/hurricane-helene-resources/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhealthychildcare.unc.edu%2Fhurricane-helene-resources%2F&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C1c628f21a8c5427820f808dcedffb634%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638646929726376609%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ddHIKOAuZ5lWAP4OA1wvmgpBTdXL5EZB%2FqKXJxwajWg%3D&reserved=0)
* Healthy Social Behaviors Helpline: <https://www.childcareresourcesinc.org/challenging-behaviors-helpline>
* Handling Emergencies training:<https://sesameworkshop.org/resources/handling-emergencies-andrew-rosznak/>
* Child Care Aware [Emergency Preparedness Hurricane Resources](https://www.childcareaware.org/our-issues/crisis-and-disaster-resources/tools-publications-and-resources/emergency-preparedness-hurricane-resources/)
* ACF [Emergency Preparedness and Response Resources for Child Care](https://www.acf.hhs.gov/sites/default/files/documents/occ/appb_childcareresources.pdf)

## Helplines

Disasters are a time when our mental health requires additional care. Anyone needing support can reach out to the following resources:

* **Help for Helpers Hope4NC**:Support for First Responders at [Hope4NC Helpline | NCDHHS](https://urldefense.com/v3/__https%3A//www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-use-services/hope4nc-helpline__;!!HYmSToo!Y6kXd6oD1g0jlzdy-pMpBLS-21SGUTh6_SoGsv2nV234d0WuOu_0lxO9fgocRMOq3XNDsz4tuito3Ct0ZjxLPvFLfs3NoiPmI-bNLg$) or by phone 1-855-587-3463 for mental health support for first responders and volunteers working on our Hurricane Helene disaster response.
* **NC-PAL** access line is available Monday through Friday, 8 a.m. to 5 p.m. to support health care providers with questions about the behavioral health needs of pediatric and perinatal patients. To speak to an NC-PAL Behavioral Health Specialist call: 919-681-2909; you can also [learn more](https://ncpal.org/access-line).
* **Vaya Health Resources** has compiled a comprehensive list of providers addressing urgent needs. Vaya’s 24/7 line is 1-800-849-6127, and the resource list is available here: [Vaya Resources](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.vayahealth.com%2Fresources%2Fhurricane_helene_walk_in_flyer%2F&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C4a3162a9323442b7011508dce9526a1c%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638641787436768599%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=rMklVaPEFewk39NRujBUnyQK0tcygEAh7MZ%2FbpkGamU%3D&reserved=0). Please note that lists walk-in clinics in each community that are open and available to provide services to members in distress.
* [SAMHSA'S Disaster Distress Helpline](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Dcb40713b76-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DJCA7611FDh3zRH97HR_N0XJzIANe_JzVvFXOfEEPEQ8%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343340837%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mUHGGloqYyFna%2BrZPpAr4IX48tEKtaKLf51tB%2FYfi3c%3D&reserved=0) to support emotional distress related to natural or human-caused disasters. The helpline is open to anyone experiencing emotional distress related to disasters. This includes survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.
	+ Call or text 1-800-985-5990 (for Spanish, press "2")
	+ Available 24/7
	+ Free and confidential
* The [National Suicide & Crisis Lifeline](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D1c1536fc9f-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3Dm2tei4auIksFscZpxCU60R1QVnopRFhuK2pcsTx3gr8%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343354507%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hoI5FvHLtdqTIrlEl6t90fZaCyUVVRDbOBrUePMadDg%3D&reserved=0) for mental health support from a trained mental health professional
	+ Call or text 988
	+ Available 24/7
	+ Free and confidential
* NC’s [Peer Warmline](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3Df7e156907b-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DFbPX9Po-N8KGOpvidfWTyaFOVFMgIFcxQDftgU89-1M%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343370262%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=jm3z2xtJmg0vwtq3%2BSD6Cg1aiOXmF0mOHcGRZ%2BsO5dQ%3D&reserved=0) to speak to a peer living in recovery from mental health or substance use issues
	+ Call 1-855-PEERS NC
	+ Available 24/7
	+ Free and confidential

## Additional Informational Sources

To stay informed on the state's response and resources, please refer to the following pages:

* Information on NC Medicaid Temporary Flexibilities Due to Hurricane Helene — [NCDHHS blog](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D34f64fbea3-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DdAlU1KpzLXNMPFeCnEcUcvgVXgUw_01NPY_DH3pg-50%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343385128%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ShWJk2SfGl87F46JPuSC%2B5LQzFgvi7RAhMe69WLiquU%3D&reserved=0)
* Information on road conditions, power outages, shelters, and more — [ReadyNC.gov](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__ncpal.us17.list-2Dmanage.com_track_click-3Fu-3D36688438b04de5395bc854c99-26id-3D66b3fd7d0c-26e-3D6a13d44124%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3D8mlYerRAJoHANJDjWw8TlURZFSUCiCDomrx8A1MpIrs%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343400123%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XuDmXq5GiRX4wvbo5AtSONmTOt4XNs%2FG7qCJLjQqyxk%3D&reserved=0)
* NCDHHS:Hurricane Helene Recovery Resources — <http://ncdhhs.gov/helene>

National Association of Social Workers - NC Chapter: NASW-NC has compiled this list of resources for individuals living in western North Carolina, as well as those who are wanting to help those affected by Hurricane Helene. [https://www.naswnc.org/helenerelief](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.naswnc.org_helenerelief%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3DrA5waHkhd1r3cugeaj_DVDcpAg5jQtC7ndXpd01Ih4s%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343418430%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2B0jGbL7s0UEG9rfBz3Lhgo0ixyJX5IOyapYuE6%2FiHSg%3D&reserved=0)

Positive Childhood Alliance North Carolina: [Recovering from Hurricane Helene: Key Resources for Immediate Help | Positive Childhood Alliance NC](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Furldefense.proofpoint.com%2Fv2%2Furl%3Fu%3Dhttps-3A__www.positivechildhoodalliancenc.org_recovering-2Dfrom-2Dhurricane-2Dhelene-2Dkey-2Dresources-2Dfor-2Dimmediate-2Dhelp_%26d%3DDwMF-g%26c%3DeuGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM%26r%3DsU3QCJ9BrnPSgDUIUSoSIWD8TNDkT4kh_Xr-AWt8KLg%26m%3D__n6kAz34TT1A2Zw6YAGvxuC7J22BrVB-fqYdvGLAgVp_DpVaOAW7t6ncA1BjyUl%26s%3Dnu1NOIXuGcOcXlxUPc_REmBP8U29E0_ldpo_XgymC5Y%26e%3D&data=05%7C02%7Calexandra.morris%40dhhs.nc.gov%7C0f6c1b1b6376414ab3f808dce890af16%7C7a7681dcb9d0449a85c3ecc26cd7ed19%7C0%7C0%7C638640955343437849%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=gZNjZ6t7pY3HoT2yznVgIHw1h9aIyiuj19nNZfwwIjc%3D&reserved=0)

## Online Location of this Document

[Social Emotional Resources for Young Children & Caregivers after Hurricane Helene](https://www.ncdhhs.gov/social-emotional-resources-young-children-caregivers/open)

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