

Color Of Change. Color of Change is the nation's largest online racial justice organization. With 1.7 million members, it drives decision-makers in corporations and government to create a more human and less hostile world for Black people in America. [Colorofchange.org](https://colorofchange.org)

General Disaster Response and Recovery Information

Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event—In this tip sheet, the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center (DTAC) defines and describes grief, discusses ways of coping with grief, explains complicated grief, and offers relevant resources for additional support.

<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources.

<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>. A similar tip sheet is available in Punjabi at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Traumatic-Event-Managing-Your-Stress-Punjabi-Version-/NMH05-0209PUNJABI>.

Community Violence: Reactions and Actions in Dangerous Times—This resource from the National Child Traumatic Stress Network (NCTSN) provides information on community violence, how it can affect daily lives, and what to do for support.

<https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times>

Helping Youth After Community Trauma: Tips for Educators—In this 1-page tip sheet, the NCTSN identifies 10 ways in which youth may react to community traumas such as natural or human-caused disasters and suggests ways for educators to respond to these reactions and support youth in coping. The tip sheet also advises educators to find professional mental health support for youth—and for themselves—as needed. https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf

Resources for Disaster Responders (contains information relevant for home visitors)

Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers—This SAMHSA tip sheet provides first responders with information on how to address people for the first time after a disaster and how to calmly communicate and promote safety.

<https://store.samhsa.gov/product/Psychological-First-Aid-for-First-Responders/NMH05-0210>

Tips for Disaster Responders: Preventing and Managing Stress—This SAMHSA tip sheet helps disaster response workers prevent and manage stress. It includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment. <https://store.samhsa.gov/product/Preventing-and-Managing-Stress/SMA14-4873>

This tip sheet is available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH>.

Tips for Disaster Responders: Understanding Compassion Fatigue—This SAMHSA tip sheet defines and describes compassion fatigue, burnout, and secondary traumatic stress. It lists signs of compassion fatigue and offers tips for preventing compassion fatigue and coping with it if it occurs, and it notes that responders may also experience positive effects as a result of their work. <https://store.samhsa.gov/system/files/sma14-4869.pdf>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH>.

Traumatic Incident Stress: Information for Emergency Response Workers—This CDC fact sheet outlines symptoms of traumatic incident stress and lists activities emergency response workers can do on site and at home to cope with the challenging aspects of disaster response. <https://www.cdc.gov/niosh/mining/works/coversheet643.html>

Resources for parents and home visitors to learn and teach about race, racism, tolerance.

<https://www.tolerance.org/>

Teaching Tolerance provides free resources to educators who work with children to spur discussions about implicit bias and systemic racism.

Guidelines (ages 2 to 5) for talking to children about racism and equality from Zero to Three <https://www.zerotothree.org/resources/1598-racism-and-violence-using-your-power-as-a-parent-to-support-children-aged-two-to-five>

Dr. Banks is a tenured professor in the Department of Psychology at Saint Louis University, an APA-accredited Clinical Psychology doctoral program. Her research examines the experience of discrimination, its impact on mental health, and intergroup relations. Watch her discussion with other experts in her series Talking to Kids About Racism.

https://www.facebook.com/watch/live/?v=3163881693633440&ref=watch_permalink

Graphic depicting how children are never too young to learn about race

- <http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.jpg?fbclid=IwAR0EERfWDSxyUvBxIBVQa6wr3LzzzhP9PJ4dXHjcYhFiOtHMGqHrrzM4N0>

On 6/6/ at 10 AM Sesame Street and CNN - Coming Together: Standing up to Racism

- <https://30seconds.com/mom/tip/19411/Coming-Together-Standing-Up-to-Racism-CNN-Sesame-Street-to-Host-Town-Hall-About-Racism-Protests-Diversity-Empathy>

Children's books to spark discussions about race and tolerance

- <https://www.mother.ly/child/best-childrens-books-about-race-and-tolerance/skin-again-by-bell-hooks-illustrated-by-chris-raschka>

A list of children's books written to help parents spark conversations about racial justice, empathy and what it means to be anti-racist.

https://www.huffpost.com/entry/10-anti-racism-books-parents-explain-black-lives-matter_5ed593d3c5b6db4977a17841

[Skin Again by Bell Hooks, illustrated by Chris Raschka](#)

Skin Again by Bell Hooks, illustrated by Chris Raschka This poetic ode to celebrating our differences is a gentle way to introduce young children to the concepts of race and identity.

["Coming Together: Standing Up to Racism": CNN & Sesame Street to Host Town Hall About Racism, Protests, Diversity & Empathy | Headlines | 30Seconds Mom](#)

As protests break out across the country because of the death of George Floyd at the hands of a Minneapolis police officer, CNN and Sesame Street are planning a town hall on Saturday, June 6, 2020, at 10 a.m. ET, to address the issue of racism and social injustice in America.