



Supporting psychological approaches to enhancing Jewish identity and defeating antisemitism

CONFLICT AND WAR MENTAL HEALTH RESOURCES

Exposure to acts of terrorism and war causes a wide range of harmful mental health effects. Those working with people directly impacted by the Israel-Hamas war or affected communities around the world can protect mental health by using the following evidence-based actions and other resources below:

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- Ensure physical safety and the safety of treasured belongings people may bring (e.g., locked trunks).
- Connect people to loved ones whenever possible to enhance support.
- Use culturally sensitive calming techniques to help lower stress.
- Be alert to usual illnesses present in populations – from diabetes to hypertension to schizophrenia – and ensure care is provided.
- Remain aware and sensitive to trauma history as this may exacerbate negative response or distress.
- Be present for children and provide explanations to their questions, but do not overload them with frightening information.
- Helping people with problem-solving is a form of caring that reminds them of their own strengths and abilities.
- Recruit "helpers" to assist others and have them extend your ability to deliver care.

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Click [HERE](#) for all versions of Rapid Psychological First Aid: Help for You, Family, and Friends

Click [HERE](#) for all versions of Helping Others Calm an Acute Stress Response



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Education fact sheets are below that help children and families, healthcare workers, humanitarian aid personnel, as well as community and military leaders to protect mental health and foster recovery during armed conflict:

Children and Families

[Helping Children Understand Frightening Events](#)

[Managing the Stress of Children after a Crisis](#)

[Helping Children Cope During Deployment](#)

[Teachers Helping Students during War and other Disasters](#)

[Advancing the Health of Military Families During Deployment](#)

[Post Disaster Stress Management for Parents](#)

[Managing the Stress of War and Disaster](#)

[Reconnecting with Your Spouse or Partner after Military Deployment](#)

[Understanding Combat Stress to Help Your Loved One](#)

[How to Get a Service Member to Seek Help after Combat](#)

[Caring for Your Family after a Service Member's Traumatic Brain Injury](#)

Military, Healthcare, and Aid Workers

[Sustaining the Well-Being of Caregivers While Helping Victims of War](#)

[Optimizing Sleep in an Operational Environment: A Guide for Service Members](#)

[Information for Responders on Emotional Reactions to Human Remains](#)

[How Healthcare Providers Can Help Service Members Seek Care](#)

[Notifying Family Members after Unexpected Deaths: Guidance for Healthcare Providers](#)

[Caring for Combat Injured Families: Principles for Healthcare Professionals](#)



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[How Healthcare Providers Can Help Families after a Service Member's Traumatic Brain Injury](#)

[Tools for Managing Stress During Times of War](#)

Community and Military Leaders

[Guidelines for Leaders on Notifying Family of Dead or Missing Loved Ones](#)

[Grief Leadership to Promote Sustainment and Recovery During War](#)

[Leadership Stress Management](#)

[Military Leadership During Stressful Situations](#)

[Leadership Communication for Anticipating and Responding to Stressful Events](#)

Educational Training Videos

[Psychological first aid to military](#)

[Leadership behaviors in war and disasters](#)

Additional Resources

[Stop the Bleed \(NCDMPH\)](#)

National Child Traumatic Stress Network

[Talking to Children about War](#)

[Age-Related Reactions to a Traumatic Event](#)

[Assisting Parents/Caregivers in Coping with Collective Trauma](#)

[Talking to Children: When Scary Things Happen](#)

[Talking to Teens: When Scary Things Happen](#)

[Creating Supportive Environments: When Scary Things Happen](#)



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Sesame Workshop

[Displacement and Resettlement](#)

[Traumatic Experiences](#)

[Grief](#)

Walter Reed Army Institute of Research

[Sustaining Mental Readiness in the Context of Prolonged Stress \(WRAIR\)](#)

[Sleep in High Stress Environments \(WRAIR\)](#)

Mobile Apps

[Psychological First Aid Mobile App \(iPhone and Android\)](#)