

# PTSD Resources for Parents, Teachers, & Providers



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NCTSN The National Child Traumatic Stress Network



**Assessment of Complex Trauma by Parents and Caregivers**

Please read the statements below. If you answer yes to two or more, you may want to consider referring your child for a complete assessment for complex trauma. The survey below is a tool to help you decide when you need to seek professional help.

- My child has been exposed to many potentially traumatic experiences.
- My child has difficulty controlling emotions and easily can become sad, angry, or scared.

For Parents   
[Click here to learn more!](#)

NCTSN The National Child Traumatic Stress Network



**Assessment of Complex Trauma by Mental Health Professionals**

For Teachers   
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*Providing Psychological First Aid:  
Teachers*

During an emergency, your primary responsibility is the safety and welfare of you and your students. When classes resume, you may feel the need to return to academics quickly. However, to best promote recovery and to help students return to their pre-crisis ability to concentrate and function academically, it is important to talk to them about the recovery process and address any safety concerns. You may want to temporarily modify classroom curriculum, take extra time to cover certain material, or postpone possibly sensitive subject matter. Below are suggestions on how to implement PFA-S.

**PFA-S Core Action 1: Contact and Engagement**

**Take the Initiative:** Students may withdraw or have other difficulties recovering from the crisis and need your help. Actively reach out to students, especially those you have a good relationship with. If they are unable to talk with you, seek out another staff member who may be able to help. Speak in private if you prefer.

**Seek Consultation:** It is impossible to prepare for every scenario that may occur or every concern that may arise. Consult the school's mental health professional or have him/her visit your class to give you support and answer students' questions.

**PFA-S Core Action 2: Safety and Comfort**

For Providers   
[Click here to learn more!](#)