

Know When And Where To Seek Help:

OC Links

Linkage to Behavioral Health Services:
(855) OC-Links or (855) 625-4657

TDD Number: (714) 834-2332

www.ochealthinfo.com/bhs/about/pi/oclinks/

Monday - Friday, 8:00 a.m. to 6:00 p.m.

Centralized Assessment Team

Emergency Psychiatric Evaluation
(866) 830-6011

7 days a week, 24 hours a day

24-Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747

www.suicidepreventionlifeline.org/

NAMI WarmLine

National Alliance on Mental Illness:

Non-crisis support

(877) 910 WARM or (877) 910-9276

www.namionc.org

Monday - Friday,
9 a.m. to 3 a.m.

Saturday - Sunday,
10 a.m. to 3 a.m.



Additional Resources:

American Academy of Pediatrics (AAP):
www.aap.org/en-us/advocacy-and-policy/aap-healthinitiatives/Children-and-Disasters/Pages/CYWSN.aspx

AAP healthychildren.org:
www.healthychildren.org/English/safety-prevention/athome/Pages/Getting-Your-Family-Prepared-for-aDisaster.aspx

Federal Emergency Management Agency:
www.fema.gov/coping-disaster

The National Child Traumatic Stress Network:
<http://www.nctsn.org/resources/audiences/parents-caregivers>

General Disaster Preparedness:

The vast majority of Orange County residents have not made any preparations for an emergency.

See www.readyoc.org for more information on how to:

Make a Plan
Build a Kit
Be Informed

Kids in school / childcare?

- ◆ Review your school's/child care's disaster plan.
- ◆ Update your emergency contact list for persons authorized to pick up your child.
- ◆ Build an emergency kit with your children and review your family plan!

For Additional Resources:

- ◆ www.ready.gov/kids
- ◆ [KIDs Working Group Resources](#)

Get prepared now.

- ◆ Parents: www.ready.gov/kids/parents
- ◆ Kids: www.ready.gov/kids/games
- ◆ Educators: www.ready.gov/kids/educators
- ◆ Coping: www.ready.gov/kids/parents/coping



PROTECTING CHILDREN FROM DISTURBING MEDIA REPORTS DURING TRAUMATIC EVENTS *

It is normal to seek information during and after disasters, accidents and other traumatic events. Children's ability to understand disturbing news reports and images about these events is different from that of adults; their comprehension depends on their age and maturity. The repeated viewing of violent and horrific TV, Internet and newspaper images of traumatic events can upset them, and negatively affect the way they feel, behave, and perform in school.

*Modified with permission from the New York City Department of Health and Mental Hygiene

The following tips can help you to protect your children if your children are watching the news.

Know How Children Understand Disturbing News Images

Ages Six and Younger

- ◆ Believe that what they see on television is happening live; while they are watching it.
- ◆ Think that a traumatic event is happening over and over again when they see repeated images of it.
- ◆ Find images of people suffering, crying, or being attacked very upsetting.



Ages Seven to 12

- ◆ Understand that the news is only made up of reports about events that have already happened.
- ◆ Find disturbing media images upsetting.
- ◆ May become anxious for their safety and the safety of their family.

Ages 13 and Older

- ◆ May be scared and horrified by the same things as younger children.
- ◆ May become deeply worried and anxious for their safety and the safety of their family in the future.
- ◆ May want to know why the bad things they see on the news are happening.



Monitor Your Children's Reactions

Children may complain of headaches, stomach aches and chest pain without actually being sick. In addition, their appetite may change. They may have sleeping problems or nightmares. The event can make them afraid, anxious, or sad, and their behavior may change. They can become clingy (especially the younger ones), aggressive, and have problems with their school work and peers. Your children may express a variety of these age-specific feelings and behaviors. Parents and caregivers can learn about these behaviors on the National Child Traumatic Stress Network website (see Additional Resources).



Limit Their Exposure

Try to limit the amount of news they watch, as exposure to too much news about a disaster or other traumatic events on TV, in the papers, or on the Web can make children worried and confused.

- ◆ Limit their exposure to TV, Internet and newspapers coverage of traumatic events, especially before bedtime.
- ◆ Do not let your children watch TV coverage of disasters or other traumatic events alone.
- ◆ Do not leave newspapers with disturbing images in sight.
- ◆ Encourage your children to participate in other activities.
- ◆ Limit your own exposure to disturbing stories and images. This may help you to cope better with these events and provide a better support system for your children.

Watch The News With Them (If They Are Watching) And Explain What Is Happening

After watching news about disasters and other traumatic or violent events, your children may feel confused and afraid, and may have many questions. Don't ignore their concerns. Spend extra time with them. Answer their questions and explain the facts in a way that they can understand. To reduce their worries:

- ◆ Watch the news with them and explain what they are seeing.
- ◆ Explain that some images may be shown repeatedly, but that the event happened only once.
- ◆ Talk to your children about the event but tell them only as much as they need to know, in a way that they can understand.
- ◆ Answer their questions and correct any misunderstandings about the event.
- ◆ Be aware of their fears and assure them that they are safe.
- ◆ Explain to them that the news is often about bad things, but most people are good.

