



Counselor Resources

Texas Resources:

- <https://www.hhs.texas.gov/services/family-safety-resources>
- <https://namitexas.org/resources/>
- <https://tcmhcc.utsystem.edu/>

Trauma:

- <https://mmhpi.org/work/trauma-grief-center/virtual-learning-library/>
- <https://library.samhsa.gov/sites/default/files/pep23-06-05-005.pdf>
- <https://library.samhsa.gov/sites/default/files/sma14-4884.pdf>
- https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf
- <https://library.samhsa.gov/sites/default/files/sma14-4816.pdf>

Schools and Trauma:

- https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/pfa_for_schools_for_principals_and_administrators.pdf
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/pfa_for_schools_for_teachers.pdf
- <https://tcmhcc.utsystem.edu/resources/shootings-and-violence/>

Natural Disasters

- https://library.samhsa.gov/sites/default/files/pep19-01-01-001_0.pdf
- <https://library.samhsa.gov/sites/default/files/sma17-5036.pdf>

- https://cms.childtrends.org/wp-content/uploads/2021/09/CWToolkit_ChildTrends_September2021.pdf
- https://library.samhsa.gov/sites/default/files/pep19-01-01-002_0.pdf
- https://mmhpi.org/wp-content/uploads/2025/07/TAG_HelpingChildrenAfterNaturalDisaster_Handout_2025.pdf
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Flood:

- <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/flood-resources>
- <https://www.samhsa.gov/technical-assistance/dtac/disaster-behavioral-health-information-series-resource-center?f%5B0%5D=populations%3A20159>
- https://library.samhsa.gov/sites/default/files/pep19-01-01-002_0.pdf
- <https://gov.texas.gov/news/post/governor-abbott-announces-new-crisis-support-line-for-texans-affected-by-floods>

Mass Violence

- <http://www.samhsa.gov/sites/default/files/dtac-dialogue-vol-18-issue-1-2.pdf>
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping_after_mass_violence_final.pdf
- <https://www.nctsn.org/sites/default/files/resources/fact-sheet/talking-to-children-when-scary-things-happen.pdf>
- <https://www.nctsn.org/sites/default/files/resources/fact-sheet/talking-to-teens-when-violence-happen-nctsn-partner-in.pdf>
- <https://library.samhsa.gov/sites/default/files/pep22-01-01-006.pdf>
- https://www.nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_youth_after_the_recent_shooting.pdf

Suicide

- <https://library.samhsa.gov/sites/default/files/pep20-06-04-005.pdf>
- <https://library.samhsa.gov/sites/default/files/pep20-06-01-002.pdf>
- <https://tcmhcc.utsystem.edu/>

Grief

- <https://library.samhsa.gov/sites/default/files/sma17-5035.pdf>
- https://www.nctsn.org/sites/default/files/resources//helping_young_children_with_traumatic_grief_caregivers.pdf
- https://www.nctsn.org/sites/default/files/resources//helping_school_age_children_with_traumatic_grief_caregivers.pdf
- <https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping-teens-with-traumatic-grief-tips-for-caregivers-updated.pdf>
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/guiding_adults_in_talking_about_death_and_services.pdf
- <https://tcmhcc.utsystem.edu/resources/trauma-grief-and-healing/>

Child Abuse

- <https://cwig-prod-prod-drupal-s3fs-us-east-1.s3.amazonaws.com/public/documents/definitions-child-abuse-neglect.pdf?VersionId=cld5USZgY.FxVua9rHVV8ITXsM4lWihe>
- https://www.nctsn.org/sites/default/files/resources//child_physical_abuse_fact_sheet.pdf
- <https://www.nctsn.org/sites/default/files/interventions/problematic-sexual-behavior-cognitive-behavioral-therapy-2024.pdf>
- <https://www.nctsn.org/sites/default/files/interventions/trauma-focused-cognitive-behavioral-therapy-2024.pdf>

Substance abuse:

- <https://library.samhsa.gov/sites/default/files/overdose-prevention-response-kit-pep23-03-00-001.pdf>

Helping the Helpers:

- <https://library.samhsa.gov/sites/default/files/pep22-01-01-003.pdf>
- https://library.samhsa.gov/sites/default/files/PEP20-01-01-016_508.pdf
- <https://library.samhsa.gov/sites/default/files/pep22-06-04-001.pdf>
- <https://library.samhsa.gov/sites/default/files/sma14-4869.pdf>

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- <https://library.samhsa.gov/sites/default/files/pep23-06-05-005.pdf>
- https://www.nctsn.org/sites/default/files/resources//pfa_field_operations_guide.pdf
- <https://www.nctsn.org/sites/default/files/interventions/attachment-regulation-and-competency-2024.pdf>
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/pause_reset_nourish_to_promote_wellbeing_use_as_needed_to_care_for_your_wellness.pdf
- https://www.nctsn.org/sites/default/files/resources/special-resource/spr_complete_english.pdf

Disclaimer: The inclusion of these resources does not constitute endorsement by TCA or the Peer Crisis Support Team. Individuals are encouraged to seek out and utilize any resources they find helpful.