# Helping Children and Adolescents Cope with Traumatic Events

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/helping-children-and-adolescents-cope-with-traumatic-events/

**Summary:** A guide to help support children who have experienced a traumatic event such as abuse or neglect. This resource lists specific symptoms to keep an eye out for and categorizes them based on age range. It also contains a list of actions caregivers can take to help traumatized children.

**Application:** This resource is appropriate for all adults caring for children with trauma, including caregivers, family members, child welfare workers, and teachers.

**Source:** National Institute of Health

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