



DISASTERSHOCK

Help Us Distribute Psychological First Aid for Ukrainian Refugees

*Our website disastershock.com contains resources for healing the trauma of disaster-related stress.

*The manual *Disastershock: How to Cope with the Emotional Stress of a Major Disaster* is available free in: [Ukrainian](#), [English](#), [Hungarian](#), [Polish](#), [Romanian](#) and 26 other languages for free download. *Disastershock* contains 20 strategies to help parents and children cope with the stress of war, pandemic, and other disasters. Mental health experts from around the world have endorsed this as a helpful resource.

*Useful [Tip Sheets](#) for dealing with stress, [Expressive Arts and Recovery](#) exercises, [Video resources](#), and resources for [Educators](#) are also available. **Please share with others.**

