

# Resource Matrix HSSPs

Emerging  
Minds.

## Disaster preparedness

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Emergency Planner (RediPlan)</b>	Families	Downloadable planner	Australian Red Cross: Australia	Step-by-step planner for families to use in preparing for an emergency.	RediPlan <a href="https://www.redcross.org.au/campaigns/prepare/prepare-protect-what-matters">https://www.redcross.org.au/campaigns/prepare/prepare-protect-what-matters</a>
<b>Emergency Planner (RediPlan) Auslan</b>	People with hearing loss	Video	Australian Red Cross and NSW Deaf Society: Australia	Preparedness videos based on the Red Cross RediPlan to help the deaf prepare an emergency plan.	RediPlan <a href="https://deafsociety.org.au/community_programs/page/get-ready-project">https://deafsociety.org.au/community_programs/page/get-ready-project</a>
<b>Emergency Planner (RediPlan)</b>	Children	Downloadable planner	Australian Red Cross: Australia	Children's activity book to assist with planning for a disaster.	RediPlan <a href="https://www.redcross.org.au/getmedia/8280edc7-6185-48f5-89cd-8c207ab36715/get-ready-childrens-activity-book.pdf.aspx">https://www.redcross.org.au/getmedia/8280edc7-6185-48f5-89cd-8c207ab36715/get-ready-childrens-activity-book.pdf.aspx</a>
<b>'Get Prepared' App</b>	Families	App (iPhone and Android)	Australian Red Cross: Australia	Mobile app to build a plan and connect with key support people online.	'Get Prepared' app <a href="https://www.redcross.org.au/campaigns/prepare/prepare-protect-what-matters">https://www.redcross.org.au/campaigns/prepare/prepare-protect-what-matters</a>
<b>Community trauma preparedness tips</b>	Families	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU) and Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Practical and psychosocial strategies for parents and caregivers.	How parents and caregivers can prepare for a natural disaster <a href="https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/">https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/</a>
<b>Psychological preparation (AIMS model)</b>	General	Downloadable tip sheet	Australian Psychological Society: Australia	A 3-step model of preparation for natural disasters.	Psychological preparation for natural disasters <a href="https://www.psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf">https://www.psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf</a>
<b>Psychological preparedness</b>	Families	Video	Australian Psychological Society: Australia	Easy ways for parents to help their children prepare psychologically for the threat of disasters.	Preparing children for disaster <a href="https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Preparing-for-disasters/Preparing-children-psychologically-for-disasters">https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Preparing-for-disasters/Preparing-children-psychologically-for-disasters</a>
<b>Disaster risk reduction awareness</b>	Children aged 10-14 years	Activity book	Children in a Changing Climate Coalition (ChildFund Alliance, Plan International, Save the Children, UNICEF and World Vision): International	Child-friendly, awareness raising activity book, developed in consultation with children.	Child-friendly Sendai framework for disaster risk reduction <a href="https://plan-international.org/publications/child-friendly-sendai-framework-disaster-risk-reduction">https://plan-international.org/publications/child-friendly-sendai-framework-disaster-risk-reduction</a>
<b>Bushfire preparedness</b>	Families	Downloadable tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Bushfire preparedness advice and tips for talking to children.	Bushfire preparedness for your family <a href="http://tgn.anu.edu.au/wp-content/uploads/2014/10/Bushfire-preparedness-for-your-family.pdf">http://tgn.anu.edu.au/wp-content/uploads/2014/10/Bushfire-preparedness-for-your-family.pdf</a>

## Disaster recovery/resilience

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Birdie's Tree</b>	Babies, young children, parents/carers	Online games/storybooks	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Therapeutic online games and storybooks to help young children's recovery following a natural disaster.	Birdie's Tree therapeutic games <a href="https://www.childrens.health.qld.gov.au/natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/natural-disaster-recovery/</a>
<b>Recovering from disaster while pregnant or with young children</b>	Families who are pregnant/in early parenthood	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Brief information sheet with information and advice on reactions, recovery and assistance.	Recovering together after a natural disaster: Supporting families in pregnancy and early parenthood <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-disaster-pregnancy.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-disaster-pregnancy.pdf</a>
<b>Recovering from disaster while pregnant or with young children</b>	Families who are pregnant/in early parenthood	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information booklet with information and advice on reactions, recovery and assistance.	Recovering together after a natural disaster: Supporting families in pregnancy and early parenthood <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-natural-disaster-booklet-pregnancy.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-natural-disaster-booklet-pregnancy.pdf</a>
<b>Red Cross disaster recovery</b>	Children, adolescents and young adults (12-25 years)	Pages on Red Cross website + podcast	Australian Red Cross, triple j and smiling mind: Australia	Basic information for children, adolescents and young adults post-disaster, including support services.	After the emergency <a href="https://www.redcross.org.au/get-help/emergencies/after-the-emergency">https://www.redcross.org.au/get-help/emergencies/after-the-emergency</a>
<b>Disaster anniversaries</b>	Families & children	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Provides information on how to support and manage children's reactions during the anniversary period.	Traumatic events: Anniversaries and other triggers <a href="https://emergingminds.com.au/resources/traumatic-events-anniversaries-and-other-triggers/">https://emergingminds.com.au/resources/traumatic-events-anniversaries-and-other-triggers/</a>
<b>Recovery after a bushfire</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster - fire <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-fire.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-fire.pdf</a>
<b>Bushfires</b>	Families and early childhood professionals working with infants and young children	YouTube	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Short animated video for young children.	The Bushfire <a href="https://www.youtube.com/watch?time_continue=27&amp;v=nZRUBCC-_GM">https://www.youtube.com/watch?time_continue=27&amp;v=nZRUBCC-_GM</a>
<b>Recovery after a cyclone</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster - cyclone <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-cyclone.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-cyclone.pdf</a>

<b>Recovery after a drought</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – drought <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-drought.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-drought.pdf</a>
<b>Recovery after an earthquake</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – earthquake <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-earthquake.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-earthquake.pdf</a>
<b>Recovery after a flood</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – flood <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-flood.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-flood.pdf</a>
<b>Recovery after a tsunami</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – tsunami <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-tsunami.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-tsunami.pdf</a>
<b>Recovery after disaster</b>	Families with babies and/or young children	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Comprehensive information, activities and referral information for families of children and babies recovering from a natural disaster.	Recovering together after a natural disaster: Supporting families with babies and young children <a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-disaster-booklet-babies.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-disaster-booklet-babies.pdf</a>
<b>Parent tips for recovery</b>	Parents of infants and toddlers (0-3yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping infants and toddlers after disasters <a href="https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters">https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters</a>
<b>Parent tips for helping preschoolers after disaster</b>	Parents of preschool-age children (0-5yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping preschool age children after disasters <a href="https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters">https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters</a>
<b>Grief and loss in disaster</b>	Individuals and organisations working with children and adolescents	Booklet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Looks at common reactions that children and young people have during disasters and the path of recovery following a disaster.	Children, adolescents and families: Grief and loss in disaster <a href="http://earlytraumagriev.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf">http://earlytraumagriev.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf</a>
<b>Media coverage</b>	Families	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Details the impacts of media exposure on children and how to manage it.	Traumatic events, the media and your child <a href="https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/">https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/</a>

## Psychological First Aid

Topic/title	Target Demographic	Media	Author	Description	Access
<b>PFA for children</b>	Individuals and organisations working with children	Information sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Brief guidelines on PFA for children.	Psychological First Aid for children and adolescents <a href="http://tgn.anu.edu.au/wp-content/uploads/2014/10/Psychological-first-aid-for-children-and-adolescents_O1.pdf">http://tgn.anu.edu.au/wp-content/uploads/2014/10/Psychological-first-aid-for-children-and-adolescents_O1.pdf</a>
<b>Red Cross PFA Guide</b>	General public, children and vulnerable populations	Resource guide	Australian Red Cross and Australian Psychological Society: Australia	Australian guide to supporting people affected by disaster using PFA. Contains child-specific section.	Psychological First Aid: An Australian guide to supporting people affected by disaster <a href="https://www.redcross.org.au/getmedia/23276bd8-a627-48fe-87c2-5bc6b6b61eec/Psychological-First-Aid-An-Australian-Guide.pdf.aspx">https://www.redcross.org.au/getmedia/23276bd8-a627-48fe-87c2-5bc6b6b61eec/Psychological-First-Aid-An-Australian-Guide.pdf.aspx</a>

## Trauma

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Trauma management – before, during and after disaster</b>	Parents and caregivers, GPs, educators, first responders and health and social workforces working with children	Webpages including embedded videos	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Information for multiple community groups supporting children before, during and after a traumatic event.	Online community trauma toolkit <a href="https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/">https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</a>
<b>Trauma and the child</b>	Individuals who work with/care for children	Online training course (free)	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Introduces the key elements of understanding the prevalence of trauma, and its impact on children and families. Guides professionals to provide support.	Online trauma-related training <a href="https://emergingminds.com.au/training/trauma-and-the-child/">https://emergingminds.com.au/training/trauma-and-the-child/</a>
<b>Managing trauma</b>	Individuals who work with/care for children	Downloadable PDF	KidsMatter: Australia	Webpage that converts to downloadable PDF. Describes trauma, traumatic events, stress responses, and how to assist children.	Managing trauma and ways to recover <a href="https://www.kidsmatter.edu.au/mental-health-matters/trauma/managing-trauma-and-ways-recover">https://www.kidsmatter.edu.au/mental-health-matters/trauma/managing-trauma-and-ways-recover</a>
<b>Early Childhood trauma resources</b>	Individuals who work with/care for children	Downloadable PDF	National Child Traumatic Stress Network: USA	Explores early childhood trauma and details protective factors for building resilience.	Early Childhood trauma <a href="https://www.nctsn.org/resources/early-childhood-trauma">https://www.nctsn.org/resources/early-childhood-trauma</a>
<b>Childhood trauma reactions</b>	Individuals who work with/care for children	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Lists possible signs of trauma and recovery in children and adolescents.	Signs of possible trauma in children and adolescents <a href="http://tgn.anu.edu.au/wp-content/uploads/2014/10/Signs-of-possible-trauma-in-children-and-adolescents_O2.pdf">http://tgn.anu.edu.au/wp-content/uploads/2014/10/Signs-of-possible-trauma-in-children-and-adolescents_O2.pdf</a>

## Grief & loss in disaster

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Grief and loss resources</b>	Children and youth	Resources	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Information about grief at different ages and developmental stages in children. Also provides guidance on how to assist grieving children.	Children, adolescents and families: Grief and loss in disaster <a href="http://earlytraumagrief.anu.edu.au/resource-centre/disasters">http://earlytraumagrief.anu.edu.au/resource-centre/disasters</a>