

## How can the CCP help school-age children?

The way children experience events and express distress mostly depends on their age and development level.

School-age children 6-10 years old might experience feelings of persistent concern for their safety as well as the safety of their families, friends and others at their school. Some signs of distress can include, but are not limited to:

- Engaging in constant discussion about the situation.
- Feeling overwhelmed with fear or sadness.
- Acting less mature than their age.
- Showing signs of aggression for no specific reason.

School-age children might try to work out their feelings on their own or depend on the adults around them to help them feel safe and cope with their feelings.

Parents and guardians of a school-age child might not know what to say or how to provide emotional support. Upon a teacher's request and with parental notification, CCP staff can provide services to help school-age children understand some of the emotions and stress reactions they might be experiencing. The CCP can help by promoting the use and development of healthy stress management skills, developing age-appropriate self-care coping strategies, and making connections with local resources.

## How can parents and guardians of school-age children access CCP services?

COVID-19 Mental Health Support Line, managed by the Harris Center:

**833-986-1919**

SAMHSA Disaster Distress Helpline:

**800-985-5990**

## COVID-19 and Disaster Resources

### Managing Stress

Children and Crises: [Helping them Heal](#)

Children and COVID-19: [Resources for Coping](#)

Children and Trauma: [Tips to Help](#)

After Disaster and Trauma:

[Tips for Parents and Teachers](#)

### Parenting

Parent Advice: [Talking to Young Children](#)

COVID-19 Isolation: [Supporting Children](#)

Talking About Outbreaks: [Tips for Parents](#)

Children with Disabilities:

[COVID-19 Resources for Parents](#)

### Just for Fun

Just for Kids: [Comic Exploring COVID-19](#)

[Supporting Children During Coronavirus](#)

Trinka & Sam: [Fighting the Virus Coloring Book](#)

Trinka & Sam: [Questions About the Virus](#)



## Crisis Counseling Assistance and Training Program (CCP) for School-Age Children (6-10)



TEXAS  
Health and Human  
Services



## What is the CCP?

The CCP is funded by Federal Emergency Management Agency grants available through the Robert T. Stafford Disaster Relief and Emergency Assistance Act. Following a federally declared disaster, the CCP provides funding for the provision of crisis counseling, stress management and resource linkage services to impacted communities.

Funded CCP services include:

- Individual and group crisis counseling.
- Basic supportive or educational contact.
- Community networking and support.
- Assessments, referrals and resources.



## What are the benefits of CCP training?

The CCP supports short-term interventions with the following goals:

- Understand current situation and reactions.
- Reduce stress and provide emotional support.
- Assist in reviewing recovery options.
- Promote the use or development of coping strategies.
- Connect survivors with other people and agencies that can help them in their recovery process.



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