RESOURCES

*COVID-19: MENTAL HEALTH IMPACT

- APA Stress in America:
- Household Pulse Survey:
  https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm

*EVIDENCE-BASED TREATMENT FOR PTSD

- Trauma-focused psychotherapy ("talk therapy")
  https://www.ptsd.va.gov/understand_tx/talk_therapy.asp
- Medication
  https://www.ptsd.va.gov/understand_tx/medications.asp

*PROLONGED EXPOSURE THERAPY (PE)

- Article:
  https://www.ptsd.va.gov/understand_tx/prolonged_exposure.asp
- Video:
  https://www.media.eo.va.gov/ptsd/mp4/Whiteboard_PE.mp4

*COGNITIVE PROCESSING THERAPY (CPT)

- Article:
  https://www.ptsd.va.gov/understand_tx/cognitive_processing.asp
- Video:
  https://www.media.eo.va.gov/ptsd/mp4/Whiteboard_CPT.mp4

*EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR)

- Article:
  https://www.ptsd.va.gov/understand_tx/emdr.asp
- Video:
  https://www.media.eo.va.gov/PTSD/mp4/VA_Video01_EMDR_VFinal_NoAudioDescribe.mp4
**PROFESSIONAL ASSISTANCE**

- **NCPTSD: Types of Therapists**
  https://www.ptsd.va.gov/understand_tx/types_therapist.asp

- **Psychology Today: Find a Therapist**
  https://www.psychologytoday.com/us/therapists

- **988 Suicide & Crisis Lifeline**
  https://988lifeline.org/

**RESOURCE**

- **PTSD: WHAT EVERYONE NEEDS TO KNOW**
  https://www.amazon.com/PTSD-What-Everyone-Needs-Know%C2%AE/dp/0190930365/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1658860629&sr=1-1

**NCPTSD RESOURCES**

- **For the public:**
  
  
  
  
  - Family & Friends: https://www.ptsd.va.gov/family/effects_ptsd.asp

- **For professionals:**
  
  - Assessment: https://www.ptsd.va.gov/professional/assessment/overview/index.asp
  
  - Treatment: https://www.ptsd.va.gov/professional/treat/txessentials/index.asp
  
  - Continuing Ed: https://www.ptsd.va.gov/professional/consult/index.asp
  
  - Consultation: https://www.ptsd.va.gov/professional/consult/index.asp
*ADDITIONAL RESOURCES

- *International Society of Traumatic Stress Studies (ISTSS)*
  - For the public:
    - Resources: [https://istss.org/public-resources](https://istss.org/public-resources)
  - For professionals:
    - Clinical resources: [https://istss.org/clinical-resources](https://istss.org/clinical-resources)
    - Education & Resources: [https://istss.org/education-research](https://istss.org/education-research)

- *National Child Traumatic Stress Network (NCTSN)*
  - Home page: [https://www.nctsn.org/](https://www.nctsn.org/)

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