Victim Services Sarnia Lambton
Trauma Resources Directory

Funding for this project is provided by the Government of Ontario through the Ministry of the Attorney General.
Introduction

Victim Services of Sarnia Lambton, Inc. is a non-profit community based organization working in co-operation with local emergency service providers and other related community services to meet the short-term needs of victims of crime and tragic circumstances by providing emotional support, practical assistance and referrals to community resources.

People may experience trauma in a number of ways: as a victim of crime or tragic circumstance, natural disaster, or the sudden death of a loved one. Personal crimes such as assault, sexual assault, rape or domestic violence may leave the victims with emotional and physical injuries. Other examples include property crimes, break and enters, robberies, workplace accidents, and motor vehicle collisions. Trauma may be experienced as a one-time occasion, or the culmination of chronic or repetitive experiences such as childhood abuse, neglect, or chronic exposure to violence. Surviving an incident of crime or an accident may be one of the most traumatic experiences a person goes through in life. The person who was injured may not be the only victim of trauma. Trauma may also be experienced by those who have witnessed the event or are close to the victim.

This resource has been developed to provide information and links to agencies and resources that may be of benefit to people who have experienced trauma. The document is a linked resource. It offers a directory of resources as well as links to articles and other resources. Some print resources are available in the binder, but access to all documents is available on the CD. Every effort has been made to concentrate on Canadian resources but resources from outside of Canada have been included where appropriate.

Funding for this project was made possible through a grant from the Government of Ontario through the Ministry of the Attorney General.

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www.victimservices.on.ca
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Understanding trauma

The word “trauma” is often used to describe a highly stressful event. Trauma refers to an experience that a victim perceives threatens his/her life, integrity or sanity and/or overwhelms the person’s ability to cope.

People may experience trauma in a number of ways; as a victim of crime or tragic circumstance, natural disaster, or the sudden death of a loved one. Personal crimes such as assault, sexual assault, rape or domestic violence may leave the victims with emotional and physical injuries. Other examples include property crimes, break and enters, robberies, workplace accidents, traffic accidents and accidents that take place on the farm. Trauma may be experienced as a one-time occasion, or the culmination of chronic or repetitive experiences such as childhood abuse, neglect, or chronic exposure to violence. Surviving an incident of crime or an accident may be one of the most traumatic experiences a person goes through in life. The person who was injured may not be the only victim of trauma. Trauma may also be experienced by those who have witnessed the event or are close to the victim.

Common reactions to victimization

Initially, victims of trauma may experience shock and disbelief. A number of questions may float through their minds: Why me? How can this be happening? What did I do to deserve this? Often, people have a feeling of being emotionally numb for a period of time after the event. There may be a sense of personal violation; that their privacy and trust have been taken away from them. Victims of trauma may experience the following emotions:

- Anger and frustration
- Fear
- Suspicion
- Stress
- Depression
- Guilt
- Shame
- Embarrassment

Although these feelings may seem unusual and make the person feel uncomfortable, these reactions are normal.

Victims of trauma may experience difficulty in their interpersonal relationships. They may avoid, isolate or alienate themselves from others. Relationships with family and friends may become strained. In addition, the following physical symptoms are common reactions to trauma: nausea, stomach aches, head aches, unexplained aches and pains in various parts of their bodies, muscle tension and sleep problems. Increase or decrease of appetite may also occur.

Flashbacks, which are memories of the past trauma may occur. Flashbacks may take the form of pictures, sounds, smells, body sensations, feelings or lack of them (numbness). Associated with the flashback may be a sense of panic, being trapped, or an overwhelming feeling of
powerlessness. Intrusive memories of the trauma may pop into the victim’s mind at unexpected
times and interfere with the person’s normal functioning.
Some victims experience confusion, difficulty concentrating and difficulty remembering what
happened.

A victim’s ability to cope with the trauma they have experienced may depend on a number of
factors including intensity and duration of the trauma experienced (repeated childhood sexual
abuse), severity of the injury, previous trauma experiences, personal outlook on life, and number
of supports available to the individual after the trauma. Victims who are surrounded by a number
of supportive and caring people may recover from the trauma sooner than a victim who perceives
themselves to be alone.

Coping with trauma

There are a number of positive and negative coping strategies that victims may adopt when faced
with trauma. Negative coping strategies include turning to alcohol and prescription or non-
prescription drugs to deal with the pain, obsessing about the traumatic event, denial and self-
deception, and a number of avoidance behaviors. Positive coping strategies include seeking
information and help regarding the traumatic event and the subsequent physical and emotional
reactions, taking time to accept what has happened and moving forward, resuming a normal
routine or schedule that includes balanced meals, regular sleep and exercise.

Each person’s experience with trauma is individual and highly subjective. It is not uncommon
for people who have experienced a traumatic event to show signs of distress. Each person will
react differently to the trauma they’ve experienced. Some may show immediate strong reactions
that ease off after a couple of weeks or months. Others may not show any signs of distress until
weeks, months, or years after the traumatic event. If a person shows acute signs of distress for
more than one month, it may be necessary for that person to seek some help to assist in coping
with their trauma symptoms and reactions.
General Trauma Resources

There are a number of excellent websites and organizations that provide information about various aspects of trauma.

If you’ve experienced a traumatic event. Victim Services Sarnia Lambton.

Understanding Trauma. Powerpoint Presentation. Victim Services Sarnia Lambton

http://www.attorneygeneral.jus.gov.on.ca/english/about/pubs/
This website provides information about going to court but does not provide information about crime victimization.

Policy Centre for Victim Issues. Department of Justice. Canada.

The Policy Centre for Victim Issues offers a number of resources and publications helpful to people who will work with victims of crime who will engage in the justice system:

- Crime Victim's Guide to the Criminal Justice System (PDF)
- The Evolution of Federal Initiatives to Support Victims of Crime (PDF)
- Victims Speak Out: Finding a Voice in the Canadian Justice System (PDF)
  - Information Sheet: The Basics of Self-Care (PDF)
  - Information Sheet: The Basics of Victimization (PDF)
  - Information Sheet: The Basics of Victim Reactions and Coping (PDF)
  - Information Sheet: The Basics about Deciding to Refer to Mental Health Professionals (PDF)
  - Information Sheet: The Basics about the Stages of Change (PDF)
  - Information Sheet: The Basics to Cover in an Initial Interview (PDF)

Pamphlets

- Responding to the Needs of Victims of Crime (PDF)
- Victims of Crime Staying informed (PDF)
- Victims Matter (PDF)

Fact Sheets

- Emergency Financial Assistance for Canadians Victimized Abroad (PDF)
- A Message to Victims of Youth Crime (PDF)
- Conditional Sentences (PDF)
- Financial Assistance for Victims to Attend National Parole Board Hearings (PDF)
- Impaired Driving (PDF PDF)
- Improving the Experience of Victims and Witnesses in Court (PDF PDF)
- Making it Easier for Young Victims and Witnesses to Testify (PDF PDF)
- Publication Ban (PDF PDF)
- Restitution Orders (PDF PDF)
- Restorative Justice (PDF PDF)
- The Victims Fund (PDF PDF)
- Victim Impact Statement (PDF PDF)
- Victim Surcharge (PDF PDF)
- Victims and the Youth Justice Process - Fact Sheet No. 1 - (PDF PDF)
- Victims: The Rights to Participate - Fact Sheet No. 2 - (PDF PDF)
- Repairing the Harm Caused to Victims - Fact Sheet No. 3 - (PDF PDF)


David Baldwin’s Trauma Information Pages. [www.trauma-pages.com](http://www.trauma-pages.com)
These Trauma Pages focus primarily on emotional trauma and traumatic stress, including PTSD (Post-traumatic Stress Disorder) and dissociation, whether following individual traumatic experience(s) or a large-scale disaster. The purpose of this award winning site is to provide information for clinicians and researchers in the traumatic-stress field. The website offers links to many trauma topics, including links to websites offering trauma support.

The Headington Institute provides psychological and spiritual support to relief and development workers worldwide. They specialize in training workshops and education materials to help humanitarian workers understand and cope with traumatic stress.

The Resources for Humanitarian Workers section of the website offers online courses, brochures, self-care tips, self-examination tools, stories from the frontlines, etc.

Online courses:


The website offers links to a number of resources as well as videos regarding trauma and the after effects.
The National Centre for Victims of Crime is the United States' leading resource and advocacy organization for crime victims. The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. We are dedicated to serving individuals, families, and communities harmed by crime. Through collaboration with local, state, and federal partners, the Centre provides direct services and resources, advocacy, and training. The website provides resources on teen victims, dating violence, stalking, and resilience.

The website provides information on how to get help after a victimization, domestic violence information, elderly victims in residential care facilities, etc.

The NCPC website provides useful information about various kinds of crime.

National Crime Victims Research and Treatment Center. Medical University of South Carolina. [http://academicdepartments.musc.edu/ncvc/resources_public/handouts_public.htm](http://academicdepartments.musc.edu/ncvc/resources_public/handouts_public.htm)
This website offers a number of informative handouts and regarding traumatic events, child victims, and a guide for survivors of homicide.

The Office for Victims of Crime supports [trainings](http://www.ojp.usdoj.gov/ovc/) designed to educate criminal justice and allied professionals regarding the rights and needs of crime victims. OVC also sponsors an annual event in April to commemorate National Crime Victims Rights Week (NCVRW). The OVC website provides resources for victims and professionals, information on training programs, and a resource centre.

Post-Traumatic Stress Disorder: A PhotoNovella. (Center for Addiction and Mental Health, Toronto).

Sidran Institute. Traumatic Stress, Education and Advocacy. [www.sidran.org](http://www.sidran.org)
The Sidran Institute is a nonprofit organization of international scope that helps people understand, recover from, and treat traumatic stress (including PTSD), dissociative disorders, and co-occurring issues, such as addictions, self injury, and suicidality. Sidran Institute delivers educational programming, resources for treatment, support and self-help, and publications about trauma and recovery.

The website provides a number of resources regarding coping with traumatic stress, for survivors, parents, adults, caregivers, and children.
http://www.heretohelp.bc.ca/sites/default/files/images/12.pdf  
An entire magazine issue devoted to various aspects of trauma and victimization.

Victim Assistance Online. www.vaonline.org  
A reference, resource and networking centre for the international victim assistance community. Provides resources regarding compassion fatigue, and various forms of victimization.

VictimInfo.ca. www.victiminfo.ca  
A website from the Victim Services Committee of Leeds and Grenville provides information on victimization and various forms of abuse.
Abuse or Assault

This website offers publications and links to other national and provincial organizations that offer information regarding various forms of abuse.

Offers a number of resources regarding various aspects of abuse or relationship violence.

Family Violence*
English: HTML

Spousal Abuse*
English: HTML

Child Abuse*
English: HTML

Abuse of Older Adults*
English: HTML

Dating Violence*
English: HTML

Sexual Abuse and Exploitation of Children and Youth
English: HTML

Booklets / Brochures

“Abuse is Wrong in Any Language”
This booklet is for immigrant and refugee women who are suffering from abuse in a relationship or in a family. If you know someone who is abused, give her this booklet. Ask her if she wants help. She may need your support. Tell her she is not alone.

English: HTML, PDF, Poster PDF

French: HTML, PDF, Poster PDF

Chinese: PDF 816K PDF

Spanish: PDF 513K PDF

Punjabi: PDF 577K PDF

Hungarian: PDF 1050K PDF
Stalking is a crime called criminal harassment (2003)

Criminal harassment is a crime in Canada. It is harassing behaviour that includes stalking. This 20-page document explains what type of behaviour counts as criminal harassment and what victims can do to better protect themselves.

Metropolitan Action Committee on Violence Against Women and Children. (METRAC). Toronto, Ontario. [www.metrac.org](http://www.metrac.org)
The website offers resources and information regarding violence against women and children, as well as resource sheets in multiple languages.


An information handout for friends or partners of a rape victim, offering suggestions on how to support the victim. Resource brochures are also available in Spanish, Korean, and Polish.

Centre for Addiction and Mental Health, Toronto. Women, Abuse and Trauma Therapy.
[http://www.camh.net/Care_Treatment/Resources_clients_families_friends/Women_abuse_trauma_therapy/index.html](http://www.camh.net/Care_Treatment/Resources_clients_families_friends/Women_abuse_trauma_therapy/index.html)
This guide is for women who are in therapy, or who are looking for a therapist, to help them deal with the long-term effects of prolonged or repeated experiences of abuse and violence. It is also for family members and friends who want to understand and support a woman who is going through trauma therapy. Therapists may also find it useful as a resource to give to clients or to use themselves.
BC Institute Against Family Violence. [www.bcifv.org](http://www.bcifv.org)
The website provides information and links regarding various forms of violence including family violence, child abuse, same-sex partner abuse, elder abuse sexual assault, stalking and harassment.

Centre for Children and Families in the Justice System (London Family Court Clinic).
[www.lfcc.on.ca](http://www.lfcc.on.ca)
A number of excellent resources providing information regarding abuse and violence and its impact on the victims.
Addictions

Information about drugs and addiction. Center for Addiction and Mental Health Toronto. 
http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/index.html

CAMH has created materials to help clients and their families, professionals and the general public learn more about addiction and mental health issues. Our publications include helpful tips, answers to frequently-asked questions, best practices and emerging knowledge on different topics to help increase understanding, reduce stigma and promote informed decision-making.

About Addiction

Online Self-directed Tutorials
The Mental Health and Addiction 101 series consists of a variety of quick, easy to use online tutorials for anyone who wants to learn more about mental health and addiction topics. This series includes tutorials such as: Introduction to Addiction, Anxiety Disorders, Bipolar Disorders, Depression, Older Adults, Posttraumatic Stress Disorders, Schizophrenia, Stages of Change, Stigma and more.

Addiction: An Information Guide
This guide was written for people who are having problems related to alcohol and other drug use, their families, and anyone else wanting to gain a basic understanding of addiction, its treatment and management. Addiction can be hard to talk about... We hope this guide helps you to understand what addiction is, what is thought to cause it, how it may affect your life, and what you can do to change it.

Addictions Ontario. www.addictionsontario.ca
A website that provides links to a number of resources on addictions.

See also Multi-Language Resources.
**Break and Enter Crimes**

*If you’ve been the victim of a break and enter: Coping with trauma and victimization.*
Victim Services Sarnia Lambton.

*Help starts here: Help is available if you are a victim of a break and enter (B&E).*
A brochure from the British Columbia Ministry of Public Safety and Solicitor General.
http://www.pssg.gov.bc.ca/victim_services/publications/helpstartshere/07-007-breakandenter.pdf

*Victim Information Brochure.* London Police Family Consultants. Available at:

This 22 page booklet provides information about trauma as well as the processes involved in the justice system. Resources for the London area are provided.

*Preventing residential burglaries and home invasions.* National Crime Prevention Centre. Available at:

Children – Trauma resources

If your child has experienced a traumatic event: Helping your child cope with trauma and victimization. Victim Services Sarnia Lambton.


Centre for Addiction and Mental Health (CAMH). Toronto. www.camh.net Offers a section on “Information about children, youth and families – books and pamphlets.” As well as other resources regarding trauma.

Centre for Children and Families in the Justice System (London Family Court Clinic), London, Ontario. www.lfcc.on.ca This website offers a number of excellent documents regarding the impact of abuse on children. Also provides resources regarding preparing children for court.


Parents Trauma Resource Centre. http://www.tlcinst.org/PTRC.html An online resource centre that provides information for parents about children’s traumatic loss. Resources are available in English, Spanish and Arabic.

National Child Traumatic Stress Network. http://www.nctsnet.org The mission of the National Child Traumatic Stress Network is to raise the standard of care and improve access to services for traumatized children and their families throughout the United States. The website offers a number of excellent resources regarding child trauma that are geared to various audiences including parents and caregivers, educators, professionals, media. Information regarding child trauma in cases of abuse, sudden death, disaster and terrorism are also provided.

A number of video training modules are available and updated monthly. http://mediasite.nctsn.org/nctsn/catalog/
Voices for Children. [www.voicesforchildren.ca](http://www.voicesforchildren.ca)
Voices for Children is a non-profit organization that speaks up for Ontario's nearly four million young people. They connect people of all ages to knowledge, ideas, tools and opportunities to help create a society that supports the development, well-being and rights of children and youth. A number of resources for children are available on this website.

**Maltreatment and the Developing Child: *How Early Childhood Experience Shapes Child and Culture***. By Dr. Bruce Perry
An excellent article that details how child maltreatment affects children.

**Child Trauma Academy**
The following resources are available at [www.childtrauma.org](http://www.childtrauma.org)

- **Grief vs. Trauma**
The differences between normal grief reactions and trauma reactions.

- **What Parents Need to Know**
Learn more about trauma.

- **Trauma Reactions in Children**
When you should be concerned about your child.

- **Common Trauma Reactions**
Some common reactions associated with trauma.

- **When Your Child Has Been Traumatized**
What to do when your child has been traumatized.

- **Posttraumatic Stress Disorder (PTSD)**
When normal reactions have progressed to PTSD.

- **Trauma Specialist**
What you should expect from a trauma specialist.

- **What to Tell Your Child**
What to tell your child about going to see a therapist.

- **An Analogy**
A comparison of trauma to a physical wound.

**Helping young children cope with trauma**. Canadian Red Cross.
The Red Cross has developed programs regarding **Facing Fear**, particularly in response to traumatic events and disasters. The programs are tailored to specific age groups and are available online at [www.redcross.ca](http://www.redcross.ca)

AboutOurKids.org is a website hosted by the New York University Child Study Centre.
Resources at www.aboutourkids.org

AboutOurKids Articles

- Children's Resilience in the Face of Trauma
- Bioterrorism: Talking with Kids about Threats They Can't See
- The Parent Letter - Talking to Kids about Terrorism and War in Iraq: English - Spanish - Chinese - Korean
- At War with Iraq: Tackling Tough Issues with Kids
- Helping Children Feel Safe in Unsafe Times
- Aftermath of Disaster: Helping Children Affected by Trauma and Death
- Major Depressive Disorder in Children and Adolescents Questionnaire
- Helping Children With Developmental Disabilities Cope With Traumatic Events
- Guidelines for Coping With the Anniversary of a Trauma or Death
- About Posttraumatic Stress Disorder
- Attack on the U.S.: Friendship/Remembrance Bracelets
- Attack on the U.S.: Guidelines for Parents
- Attack on the U.S.: Guidelines for Teachers
- Attending Funerals or Memorial Services
- Building Resilience in Children in the Face of Fear and Tragedy
- Children and Grief: What They Know, How They Feel, How to Help
- Choosing a Mental Health Professional for Your Child: Who, What, When, Where, Why, How
- PTSD in Children Questionnaire
- Helping Children and Teens Cope with Traumatic Events and Death: The Role of School Health Professionals
- Talking to Kids About Terrorism or Acts of War
- Talking to Kids About Terrorism or Acts of War (Español)
- When Hurt Leads to Hate: Preventing Your Child's Feelings of Anger from Leading to Actions of Bias and Hate

Crisis Manuals

Please click on the links below to download these Crisis Manuals developed by the NYU Child Study Center for parents and professionals who want to help children cope with traumatic events.

Caring for Kids After Trauma, Disaster and Death: A Guide for Parents and Professionals, 2nd Ed.
65 pages - DOWNLOAD NOW

Planning for the Anniversary of Traumatic Events - A Practical Guide for Educators
33 pages - DOWNLOAD NOW

Bullying and Harassment
If you’ve been the victim of youth on youth criminal violence: Coping with trauma and victimization. Victim Services Sarnia Lambton.


Voices for Children. [www.voicesforchildren.ca](http://www.voicesforchildren.ca)

Binoculars on bullying: a new solution to protect and connect children
Dr. Debra Pepler, York University and the Hospital for Sick Children and Dr. Wendy Craig, Queen’s University. An excellent article on bullying from Voices for Children. [http://www.voicesforchildren.ca/documents/Voices_Report-Bullying.pdf](http://www.voicesforchildren.ca/documents/Voices_Report-Bullying.pdf)

Bullying and Harassment. (A brochure available from the National Center for Victims of Crime.)

Bullying Canada. [www.bullyingcanada.ca](http://www.bullyingcanada.ca)
A youth anti-bullying website.

Stop Bullying Now. [http://www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)
An interactive website for children and youth to teach about bullying and offer resources to prevent bullying.

Bully free Alberta. [http://www.bullyfreealberta.ca/](http://www.bullyfreealberta.ca/)
This website helps parents, teens and community members take control of this issue by giving them the tools they need to prevent or intervene in a bullying situation. It is a one-stop resource filled with helpful information about how to deal with bullying. Provides links to a number of excellent resources. [www.teamheroes.ca](http://www.teamheroes.ca) is a fun website where kids can play an online game that teaches them how to handle bullying.

Stop Cyber Bullying. [www.stopcyberbullying.org](http://www.stopcyberbullying.org)
An interactive website that educates about cyberbullying.

Cyberbullying. Website: [www.bullying.org](http://www.bullying.org)
An 8 page booklet that provides information about Cyberbullying and offers insights on how to deal with the issue for children, youth and parents.
**Crime Victims**

**Canadian Crime Victim Foundation.** [http://www.ccvf.net/](http://www.ccvf.net/)

The Mission Statement of the Canadian Crime Victim Foundation is to support, empower and provide resources to victims of crime and to effect positive change to victim services in Canada. This website provides information for victims, news articles, and a “Don’t Forget Me” page for victims of crime.


A 20 page booklet that describes the stages people go through when they become victims of crime.


**Courtprep.ca** A site for youth preparing for court. [www.courtprep.ca](http://www.courtprep.ca)

An interactive website that children and youth can navigate themselves that explains the court process.
**Criminal Harassment**

Stalking is a Crime called **Criminal Harassment**. Department of Justice Canada.  

**Frequently asked questions about stalking and criminal harassment.** METRAC.  
http://metrac.org/new/faq_sta.htm

**Stalking questions and answers.** Ontario Women’s Justice Network.  
http://www.owjn.org/issues/stalking/qa.htm

**Harassment.** SafeCanada.ca  
http://www.safecanada.ca/link_e.asp?category=2&topic=20
This website offers links to a number of resources and information regarding criminal harassment.

**Criminal Harassment.** Canadian Resource Centre for Victims of Crime.  
http://www.cleonet.ca/instance.php?instance_id=3314
**Dating Violence**

*A relationship is no place for violence.* Victim Services Sarnia Lambton.

*If you’ve been involved in an abusive dating relationship: Coping with trauma and victimization.* Victim Services Sarnia Lambton.

**Facts for Teens: Teen Dating Violence.** National Youth Violence Prevention Resource Centre. [www.safeyouth.org](http://www.safeyouth.org)

**For teens to think about.** Springtide Resources. [http://www.springtideresources.org/resources/show.cfm?id=58](http://www.springtideresources.org/resources/show.cfm?id=58)


**Dating Violence.** Brochure from the Sexual Assault Crisis Centre of Essex County.
Disaster Survivors

The documents in this list include Psychological First Aid Handouts and more. Available from National Center for Post Traumatic Stress Disorder, United States Department of Veteran Affairs.

http://www.ncptsd.va.gov/ncmain/publications/publications/nchdouts_gp.jsp Psychological First Aid Handouts (PDF)
(10 handouts) 1. Connecting with Others: Seeking Social Support (For adults/teens) 2. Connecting with Others: Giving Social Support (For adults/teens) 3. When Terrible Things Happen (For adults/teens) 4. Parent Tips for Helping Infants/Toddlers etc.

- Reactions to a Major Disaster: A Fact Sheet for Survivors and their Families (PDF)
  Provides information about normal stress reactions, other mental health problems that commonly occur following a disaster, and explains the recovery process.

Specific to Disaster Providers

- Psychological First Aid: Overview (PDF)
  (Appendix A) This is an outline of the nine sections in the Psychological First Aid Manual and what each contains.

- Psychological First Aid: Service Delivery Sites and Settings (PDF)
  (Appendix B) A discussion of the challenges different work settings involve such as working in shelters, service centers and outreach teams....

- Provider Care: Psychological First Aid (PDF)
  (Appendix C) Providing care following a disaster can be physically and emotionally exhausting. Here are some self-care strategies for before, during and after providing disaster relief.

- Psychological First Aid Provider Worksheets (PDF)
  (Appendix D) These worksheets help to assess survivors current needs and track the various components of PFA that are provided.

- Mental Health Reactions After Disaster: A Fact Sheet for Providers (PDF)
  Covers information about normal stress responses to a disaster as well as more severe reactions and risk factors.

- Psychosocial Treatment of Disaster Related Mental Health Problems: A Fact Sheet for Providers (PDF)
  Recommended interventions including normalizing and support strategies, a review of positive and maladaptive coping actions, and brief information on treatments for more severe stress reactions.

- Pharmacological Treatment of Acute Stress Reactions and PTSD: A Fact Sheet for Providers (PDF)
  Information about who should be provided with pharmacological treatment, when treatment should begin, and what it includes.

- Assessing and Responding to Suicidal Intent: A Fact Sheet for Providers (PDF)
  Includes important questions for medical professional to ask, guidance on how to handle suicidal intent, and provides resources for more information.
- **Psychosocial Consequences of Major Hurricanes and Floods** (PDF)
  Covers the range, duration and magnitude of effects, and risk factors for adverse outcomes.
**Domestic Violence**

**Domestic Violence links.** SafeCanada.ca
http://www.safecanada.ca/link_e.asp?category=1&topic=3
This website provides links to a number of resources and information regarding domestic violence in Canada.

**Abuse is wrong in any language.** Department of Justice Canada.
A pamphlet regarding domestic violence. Available in many languages. See Abuse/assault or Multilanguage sections for more resources.

**Education Wife Assault.** www.womanabuseprevention.com A website that provides many fact sheets etc, regarding various aspects of woman abuse, child abuse, domestic violence, etc.

**Emotional Abuse Fact Sheet.** National Clearinghouse on Family Violence, Health Canada.

**Family Violence:** A fact sheet from the Department of Justice, Canada.
**Elder Abuse**

**Ontario Network for Prevention of Elder Abuse.**

**What you need to know about elder abuse.** Government of Ontario. Brochure and handout

http://www.pssg.gov.bc.ca/victim_services/publications/helpstarthere/06-2244_InfoSheet3D.pdf
**Family Crisis**

**Child, Youth and Family Resources.** Centre for Addiction and Mental Health, Toronto.  
[http://www.camh.net/About_Addiction_Mental_Health/Child_Youth_Family_Resources/index.html](http://www.camh.net/About_Addiction_Mental_Health/Child_Youth_Family_Resources/index.html)

The Child, Youth and Family Resources section is a gateway to information about programs and services at CAMH for children, youth and families. It is of interest to health promotion workers, parents, and anyone who works with children and youth. Through the links below you can access information on our health promotion and substance use prevention programs and products as well as our treatment programs and research studies.

**Strengthening Family and Youth Voices.** British Columbia Canadian Mental Health Association. [http://www.cmha.bc.ca/advocacy/youth_and_family#resources](http://www.cmha.bc.ca/advocacy/youth_and_family#resources)

The Strengthening Family and Youth Voices project was a province-wide project exploring the role of peer support in child and youth mental health. The goals of the project were to promote the participation of families and youth in mental health decision-making, as well as to increase peer support networks in 5 pilot sites across BC. The project, sponsored by CMHA BC and funded by the Public Health Agency of Canada, took place from February 2005 to March 2007.

**Heretohelp.bc.ca** BC Partners for Mental Health and Addictions Information.  
[http://www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Provides brochures, resources, publications and interactive website to learn more about various mental health concerns, posttraumatic stress, youth concerns, etc.

**Surviving a Family Crisis.** Families Matter. University of Delaware.  
[http://ag.udel.edu/extension/fam/FM/issue/survivecrisis.htm](http://ag.udel.edu/extension/fam/FM/issue/survivecrisis.htm)
**Fire Trauma**

**After the Fire is Out.** Victim Services Sarnia Lambton.

**After the Fire** – United States Fire Administration – FEMA.  
This 20 page booklet offers information and resources for dealing with the devastation and loss of a house fire.

**Picking up the Pieces After a Fire: Important Steps for Your Safe and Speedy Recovery.**  
American Red Cross. Available at [www.redcross.org](http://www.redcross.org)  
An eight page booklet offering practical suggestions for emotional recovery and clean-up, restoration tips after a house fire.  
**First Responders**


Tips for Emergency and Disaster Response Workers: Possible Alcohol and Substance Abuse Indicators. SAMHSA. United States.
[http://www.samhsa.gov/MentalHealth/Tips%20for%20ER%20Disaster%20Workers-Indicators_LORES.pdf](http://www.samhsa.gov/MentalHealth/Tips%20for%20ER%20Disaster%20Workers-Indicators_LORES.pdf)

When Helping Hurts. Frank Ochberg. Gift From Within.
An article about stresses first responders may experience due to trauma work. Video clips are also available.

First Response to Victims of Crime. United States Department of Justice.

**Grief**

**Bereaved Families of Ontario.** [www.bereavedfamilies.net](http://www.bereavedfamilies.net)
Offers two short videos regarding people’s grief experiences, as well as information regarding associations in Ontario.

**GriefNet.** [www.griefnet.org](http://www.griefnet.org)
GriefNet is a professionally directed, on-line grief support community. It has over 50 monitored support groups covering the loss of a parent, child, sibling, friend, spouse, pet, etc.

**Compassionate Friends of Canada.** [http://www.tcfcanada.net/](http://www.tcfcanada.net/)
Compassionate Friends is a self-help support organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings.

**Brochures available online include:**
- Understanding grief…when your child dies
- The Grief of grandparents
- Parents who are now childless
- Stillbirths, miscarriage and infant deaths
- The grief of stepparents when a child dies
- When a brother or sister dies
- Suggestions for first responders
- The sudden death of a child
- When your child dies by homicide
- Surviving your child’s suicide

These brochures are available at:

**How to deal with grief.** United States Department of Health and Human Services.

**Griefwords.com** [http://griefwords.com](http://griefwords.com)
A number of helpful handouts regarding grief by Dr. Alan Wolfelt. Grief resources from Dr. Alan Wolfelt. Available at [www.griefwords.com](http://www.griefwords.com)

- [Helping Yourself Heal When Someone Dies](http://www.griefwords.com)
- [Helping Yourself Heal When Your Child Dies](http://www.griefwords.com)
- [Helping Yourself Heal When Your Spouse Dies](http://www.griefwords.com)
- [Helping Yourself Heal When a Parent Dies](http://www.griefwords.com)
- [Helping Yourself When a Baby Dies](http://www.griefwords.com)
- [Helping Yourself Heal During the Holiday Season](http://www.griefwords.com)
- [Helping Dispel 5 Common Myths About Grief](http://www.griefwords.com)
- [Helping Yourself Live When You Are Seriously Ill](http://www.griefwords.com)
- [Helping Yourself Live When You Are Dying](http://www.griefwords.com)

**Center for Loss and Life Transition.** [http://centerforloss.com/](http://centerforloss.com/)
Resources from Dr. Alan Wolfelt including training programs regarding grief counseling, etc.


A fact sheet that describes grief.

[www.griefhealing.com/column1.html](http://www.griefhealing.com/column1.html)

A handout entitled Understanding the Grief Process.

**Coping with Grief and Loss: Guide to Grieving and Bereavement**
[www.helpguide.org/mental/grief_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)

Provides information about grieving and explains the differences between trauma and grief experiences.

**Understanding different grieving patterns in your family.** Gift From Within.

[Helping Children Cope with Death. pdf](http://www.giftfromwithin.org/html/grief.html)
**Homicide Resources**


A six page booklet detailing common grief reactions people experience after the homicide of a loved one. (Resources from Scotland).

Coping with [Homicide](#).

**Victims of Homicide Support Society**
[http://www.victimsofhomicide.ca/resources.html](http://www.victimsofhomicide.ca/resources.html)

Victims of Homicide is a Canadian self-help group designed to offer emotional support and information about surviving the loss of a loved one to murder. The group was founded by Joyce and Noel Farion in 1995, the year after their son Scott was murdered. It is patterned after Parents of Murdered Children in the U.S.A.

**Victims of Homicide Support Society of Edmonton**, P.O. Box 31027, Edmonton, AB T5Z 3P3
Phone: 780-472-8958  Fax: 780-457-4018  E-mail: info@victimsofhomicide.ca


A 20 page booklet that describes the stages people go through when they become victims of crime. Written by Wilma Derksen whose daughter was kidnapped and murdered.

**Homicide Survivors. National Centre for Victims of Crime. (USA)**
Identity Theft

Identity Theft – Questions and Answers. SafeCanada.ca
http://www.safecanada.ca/identitytheft_e.asp

Information regarding Identity Theft in Ontario.

Take Charge: Fighting Back Against Identity Theft
http://www.ftc.gov/bcp/edu/pubs/consumer/idtheft/idt04.shtm
A resource from the Federal Trade Commission in the United States that provides useful information about how to deal with Identity Theft. Some information is US specific.

Identity Theft. Video http://www.ftc.gov/bcp/edu/microsites/idtheft/

Resources for Canadian Victims of Identity Theft.
http://www.privacyrights.org/fs/fs17a.htm
Provides general information about Identity theft and what to do if it happens to you.

http://www.privacyrights.org/fs/fs17a-IdTheft-Canada.htm
Provides information from the Office of the Privacy Commissioner of Canada regarding who to contact in cases of identity theft regarding credit status, etc.

Identity Theft Resource Centre. United States.
A non-profit resource centre working to understand and prevent identity theft. A number of resources are available for victims as well as prevention tips.
**Motor Vehicle Accidents**

**MADD Canada**
A number of excellent videos available at www.madd.ca and they are in the process of also making them available on YouTube.

**Trauma, Loss and Bereavement** *(PDF) [http://www.madd.ca/english/services/trauma.pdf](http://www.madd.ca/english/services/trauma.pdf)* A 64 page booklet that provides information on trauma loss and bereavement, particularly as it pertains to impaired driving crashes.

A Guide to the Criminal Justice System for Victims of Impaired Driving *(PDF)* [Available at: http://www.madd.ca/english/services/resources.html](http://www.madd.ca/english/services/resources.html)

Understanding the Consequences of a Loved One’s Impaired Driving *(PDF)* [Available at: http://www.madd.ca/english/services/resources.html](http://www.madd.ca/english/services/resources.html)

Coping with Life after Injury *(PDF)* [Available at: http://www.madd.ca/english/services/resources.html](http://www.madd.ca/english/services/resources.html)
Multi-Language Resources

Resources covering many aspects of trauma and mental health in a number of languages are available at the following websites:


Farsi/Dari
- Depression and Manic Depression
- Understanding Anxiety Disorders

Hindi
- Depression

Greek
- Depression and Manic Depression

Hindi
- Understanding Anxiety Disorders

Italian
- Stress
- Schizophrenia
- Depression and Manic Depression

Polish
- Stress
- Schizophrenia
- Depression and Manic Depression

Portuguese
- Depression and Manic Depression

Somali
- Mental Illness
XANUUNNADA MASKAXDA (DHIMIRKA)

Mental Illness in the Family

QOYSKA IYO XANUUNNADA MASKAXDA

Getting Help and How

GOORTA & SIDA AAD U HELAYSO CAWIMO

Stress WERWERKA (STRESS)

Serbo-Croatian

Depression and Manic

DEPRESIJA I MANICNA DEPRESIJA

Post Traumatic Stress Disorder

POSTTRAUMATSKI stresni poremecaj

Tamil

Schizophrenia

Mental Health for Life

Urdu

Mental Health for Life

Myths About Mental Illness

Center for Addiction and Mental Health. Toronto.
http://www.camh.net/About_Addiction_Mental_Health/Multilingual_Resources/index.html

- **About mental health** (factsheet): What is mental health; What contributes to mental health problems; Types of mental health problems; Where to get help. Available as web page: English, French (coming soon) Available as PDFs:
  - English
  - French
  - Amharic
  - Chinese
  - Farsi
  - Greek
  - Hindi
  - Italian
  - Polish
  - Portuguese
  - Punjabi
  - Serbian
  - Somali
  - Spanish
  - Tagalog
  - Tamil
  - Urdu

- **Asking for help when things are not right** (factsheet): What is part of the normal reaction to living in a new country; When it is a good idea to ask for help and where. Available as web page: English, French (coming soon) Available as PDFs:
• **Understanding Addiction** (factsheet): What is addiction; What are the signs and symptoms of an addiction; How are family members affected; Will treatment help; When is it necessary to get help; Where to get help.
Available as web page: English, French (coming soon)
Available as PDFs:

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• **Coping with Stress** (factsheet): Tips on dealing with stress; Where to get help
Available as web page: English, French (coming soon)
Available as PDFs:

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• **Alone in Canada** (booklet)
**Alone in Canada: 21 Ways to Make it Better** is a self-help guide for single newcomers developed by a team at CAMH. The guide is designed to help single new immigrants and refugees adjust to living in a new society as quickly and easily as possible.
More information and links to download PDFs from the **Alone in Canada** web pages: English, French

**Heretohelp.bc.ca** BC Partners for Mental Health and Addictions Information.
[http://www.heretohelp.bc.ca/other-languages](http://www.heretohelp.bc.ca/other-languages)

Information regarding a number of issues including Anxiety, Depression, Mental Health concerns, Addictions, Suicide, and Post Traumatic Stress Disorder.
METRAC. [www.metrac.org](http://www.metrac.org) **Sexual Assault Pamphlets.** Available in the following languages. See binder for resources in English, Chinese, Farsi, French, Punjabi, Russian, Spanish, Tamil

**Department of Justice, Canada.**

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**“Abuse is Wrong in Any Language”**

This booklet is for immigrant and refugee women who are suffering from abuse in a relationship or in a family. If you know someone who is abused, give her this booklet. Ask her if she wants help. She may need your support. Tell her she is not alone.


**Springtide Resources.** [www.springtideresources.org](http://www.springtideresources.org)

A number of resources available in several languages focusing on education regarding various forms of abuse and violence.
**Robbery trauma**

If you’ve been the victim of a robbery: Coping with trauma and victimization. Victim Services Sarnia Lambton


**Make Robbery Risky.** Crime and Violence Prevention Center, California Attorney General’s Office. Available at: [www.safestate.org](http://www.safestate.org)

**When bank employees become victims of a robbery.** United States Department of Justice. [www.usdoj.gov/usao/nd/victimwitness/brochures/bankemployeehandbook.html](http://www.usdoj.gov/usao/nd/victimwitness/brochures/bankemployeehandbook.html)
Sexual Assault

Adult Sexual Assault. Ontario Network of Sexual Assault/Domestic Violence Treatment Centres. [http://www.satcontario.com/AdultSA/](http://www.satcontario.com/AdultSA/) Provides information on sexual assault and links to other resources.


Sexual Assault: It’s Against the Law. Ontario Women’s Justice Network. [http://www.owjn.org/info/basic-sexassault1.htm](http://www.owjn.org/info/basic-sexassault1.htm)


Sexual Assault Survivors Centre Sarnia. [www.sexualassaultsarnia.on.ca](http://www.sexualassaultsarnia.on.ca)
Sexual Harassment


Available in: Chinese, French, Punjabi, Somali, Spanish, Tagalog, Urdu, Vietnamese


A guide for women survivors of assault or harassment. Queen’s University. http://www.queensu.ca/humanrights/publications/guideforwomen/index.htm

**Stress**

**Resources for clients, families and friends.** Centre for Addiction and Mental Health (CAMH). Available at: [www.camh.net](http://www.camh.net)

A directory of resources for family and friends regarding trauma and mental illness.

**Responding to Stressful Events.** Public Health Agency of Canada.

**Coping with Stress.** Heart and Stroke Foundation. Available at [www.heartandstroke.ca](http://www.heartandstroke.ca)
**Sudden Death**

**Sudden Traumatic Loss.** Tragedy Assistance Program for Survivors (TAPS).
http://www.taps.org/trauma/
TAPS is a front line resource for people who have lost loved ones in the Armed Forces.

**Dealing with Sudden Death.** .. information for survivors. British Columbia Ministry of Public Safety and Solicitor General. Available at

**Niagara Grief Center.** http://niagaragriefcenter.org
The Niagara Grief Center (United States) provides resources and information about sudden death losses.

**Trauma, Loss and Traumatic Grief.** International Society for Traumatic Stress Studies.
http://www.istss.org/resources/sudden_traumatic_loss.cfm


**Coping with grief after a sudden death.**
http://www.virginiatech.healthandperformancesolutions.net/Tech%20Trauma%20Articles/Articles/Coping%20With%20Grief%20After%20a%20Sudden%20Death.pdf
**Suicide**

**Survivors of Suicide Support Group.** London, Ontario.  
Contact: Patricia Van Egmond, Canadian Mental Health Association, London-Middlesex Branch, 648 huron St., London, ON (519)434-9191

**When a parent dies by suicide. What kids want to know.** Center for Addiction and Mental Health Toronto, Ontario. Available at: [http://www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/when_parent_suicide.pdf](http://www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/when_parent_suicide.pdf)

**Assessing and Responding to Suicidal Intent: A Fact Sheet for Providers** (PDF)  
Includes important questions for medical professional to ask, guidance on how to handle suicidal intent, and provides resources for more information. Available from the National Center for Post-Traumatic Stress Disorder. United States Department of Veteran Affairs.


**Coping with Suicidal Thoughts.** A seven page document for people who are thinking of suicide. [http://www.carmha.ca/publications/resources/pub_cwst/CWST.pdf](http://www.carmha.ca/publications/resources/pub_cwst/CWST.pdf)

**Grief After Suicide.** Canadian Mental Health Association. [www.cmha.ca](http://www.cmha.ca)
Vicarious Trauma

Vicarious trauma may also be referred to or associated with

- Burnout
- Compassion fatigue
- Traumatic stress
- Secondary trauma
- Workplace stress

Vicarious trauma refers to pervasive changes that occur within people over time as a result of working with clients who have experienced trauma. These may include changes in sense of self, world view, spirituality, interpersonal relationships and behavior.

Factors contributing to vicarious trauma:

**INDIVIDUAL**

- Personal History with trauma
- Coping style
- Current life context
- Training and professional history
- Supervision
- Personal therapy
- Spiritual beliefs

**ORGANIZATIONAL**

- Nature of work: Crisis lines, helplines, emergency personnel often left wondering what happens to the client
- Political, social and cultural context of the agency or environment where the support is provided affects staff
- Listening over and over again to stories of trauma
- Client characteristics – trauma experienced and their ability to cope
- Client-counsellor relationship

Impact of vicarious trauma on personal functioning:

**Cognitive functioning:**

- Diminished concentration
- Confusion
- Spaciness
- Loss of meaning
- Decreased self-esteem
- Preoccupation with trauma

- Apathy
- Thoughts of self-harm or harm toward others
- Self-doubt
- Minimization
Emotional functioning:
- Powerlessness
- Anxiety
- Guilt; survivor guilt
- Numbness
- Fear
- Helplessness
- Sadness
- Depression
- Overwhelmed
- Hypersensitivity

Behavioral functioning:
- Clingy
- Impatient
- Irritable
- Withdrawn
- Moody
- Sleep disturbances
- Appetite changes
- Accident prone

Spiritual functioning:
- Angry at God
- Question religious beliefs
- Question the meaning of life
- Loss of purpose
- Pervasive hopelessness

Interpersonal functioning:
- Isolation from others
- Decreased interest in intimacy or sex
- Mistrust
- Intolerance
- Loneliness
- Impact on parenting – protectiveness, concern about aggression

Concrete Symptoms:
- Repetitive thoughts or images of what happened
- Avoiding reminders or victims of the incident
- Preoccupation with aspects of the traumatic event
- Dreams or nightmares about the traumatic material
- Inability to tolerate strong emotions or hypersensitivity to emotionally charged stimulations, e.g., movies, newspapers
- Feeling fearful or overly concerned for the safety of family members
- Increased suspiciousness or mistrust
• Over identifying with the victim(s)
• Diminished interest in or capacity to enjoy significant activities

The ABCs of Addressing Vicarious Trauma
• Awareness
  – Being attuned to one’s needs, limits, emotions and resources. Practice mindfulness and acceptance.
• Balance
  – Maintain balance among activities, especially work, play and rest.
• Connection
  – Establish and maintain connections to oneself, to others and to something larger – to offset isolation and increase validation and hope.
**Vicarious Trauma Resources**

**Understanding Vicarious Trauma** Powerpoint presentation. **Victim Services Sarnia Lambton.**

**Understanding vicarious trauma in the workplace.** **Victim Services Sarnia Lambton**

**Gift from Within** - [www.giftfromwithin.org](http://www.giftfromwithin.org) This international organization is dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals. Gift From Within provides survivors and caretakers with a peer support network and develops and disseminates educational materials including videotapes, articles, and books.

**National Center for Post Traumatic Stress Disorder** - [http://www.ncptsd.va.gov/ncmain/index.jsp](http://www.ncptsd.va.gov/ncmain/index.jsp)
The Center aims to prevent and reduce PTSD and other adverse consequences of trauma. Its Web site is an educational resource, providing information on PTSD causes and treatment and a database of worldwide literature on traumatic stress.

**Sidran Institute** [http://www.sidran.org/](http://www.sidran.org/)
Sidran offers information to empower survivors, educate loved ones, and support clinicians. This nonprofit institute runs many programs, including Sidran Press, the Psychtrauma Infobase, and the Tamar project for treating incarcerated women suffering from trauma and abuse.

**VS 2000 Victim Services Network:**

**Guidebook on Vicarious trauma.** Jan Richardson.

**Coping with Stress.** Heart & Stroke Foundation. [www.heartandstroke.ca](http://www.heartandstroke.ca)

**Compassion Fatigue.** [http://home.earthlink.net/~hopefull/TC_compassion_fatigue.htm](http://home.earthlink.net/~hopefull/TC_compassion_fatigue.htm)

**Stress in the Workplace** [www.workhealth.org/prevention/prred.html](http://www.workhealth.org/prevention/prred.html)
**Coping with Traumatic stress** – Headington Institute
[www.headington-institute-elearning.org/stress_course](http://www.headington-institute-elearning.org/stress_course)


**Fundamentals of Disaster planning and response** – SAMHSA. Webinars and powerpoint presentations regarding the following topics:
- Key concepts in disaster mental health
- Managing your stress in crisis response work
- Psychological first aid approaches
Post-traumatic stress disorder in disasters
Available at http://mentalhealth.samhsa.gov/samhsadr/contents.htm