

Coping Introduction:

According to the American Psychological Association, when people are trying to cope with an irrational situation such as a terrorist attack, the process can set off a chain of events leading to feelings of fear, helplessness, vulnerability and grief. Following is a list of some of the counseling resources available in the Washington area, nationally and on the Web:

The District

Crisis and Family Stress Hotline
202-223-2255.

D.C. Department of Mental Health:
Northwest Family Center, 202-673-2042
Child and Family Therapy SE Center, 202-645-3600.

D.C. Public Schools Hotlines
Children, 202-442-7699
Parents, 202-442-5674.

Family and Child Services of Washington
202-289-1510, Ext. 181

Jewish Social Service Agency (D.C. service)
301-881-3700

Maryland:

Frederick County Hotline
301-662-2255

Montgomery County Hotline
301-315-4000

Prince George's County Hotline
301-864-7233

Holy Cross Bereavement Center
301-754-7742

Jewish Social Service Agency
301-881-3700

MediCorp Health System
540-372-3900

Montgomery County's Victim Assistance and Sexual Assault Program
240-777-1355

Montgomery Hospice
301-279-2566

Point of Hope Grief Counseling
Glendale Baptist Church
800-255-3042

Virginia:

CrisisLink Hotline
703-527-4077

Arlington County's Mental Health Services Mobilization Center
703-228-5160

Community Service Board of Fairfax County
703-799-2723

Family Therapy Institute of Alexandria
703-549-6000

Grief and Spiritual Counseling Center
Our Lady of Lords Catholic Church
703-841-3835

Haven of Northern Virginia
703-941-7000

The Women's Center
703-281-2657
<http://www.thewomenscenter.org>

Virginia Hospital Center Hotline
703-558-6763

National Resources

American Psychological Association's Referral Line
800-964-2000

Childhelp USA
800-422-4453
800-422-2453 (TDD)

U.S. Justice Department's Victim Hotline
800-331-0075

National Center for Victims of Crime
800-FYI-CALL

The National Mental Health Association
800-969-6642

The National Mental Health Awareness Campaign
877-495-0009

The Office of Victims of Crime Hotline
800-331-0075

Federal Hotline for Complaints About Verbal and Physical Assaults
800-552-6843

WEB RESOURCES

The American Psychological Association -- Coping with Terrorism
<http://www.helping.apa.org/daily/terrorism.html>

American Medical Association – Coping with Terrorism and Disaster
<http://www.ama-assn.org/ama/pub/category/6174.html>

Anne Arundel Co. Stress Help
http://www.aahealth.org/currenttopics/health_matters/display.asp?UID=121410480

Center for Disease Control - Traumatic Stress
<http://www.cdc.gov/niosh/unp-trinstrs.html>

Helping Children Through Painful Times
<http://www.co.fairfax.va.us/service/csb/grief/helpingchildren.htm>

International Council of Nurses – Steps for Coping with Terrorism
<http://www.icn.ch/terrorism.htm>

The National Hospice and Palliative Care Organization (NHPCO)
<http://www.nhpc.org/>

Office for Victims of Crime (OVC) Handbook for Coping After Terrorism
http://www.ojp.usdoj.gov/ovc/publications/infores/cat_hndbk/welcome.html

Reactions and Guidelines for Children Following/Coping With Disaster
<http://helping.apa.org/daily/ptguidelines.html>

Strategies to Help Survive Painful Times
<http://www.co.fairfax.va.us/service/csb/grief/strategies.htm>

Zero to Three Organization: How to Discuss Terrorism W/Children
http://www.zerotothree.org/parent.html?Load=pr_091101.html