

Resources for staff in Haiti

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Here are a few of our stress, trauma, resilience and travel stress resources which you may find helpful in the coming weeks and months:

1. A PDF flier with basic information on caring for staff after trauma
2. [Trauma and Critical Incident Care for Humanitarian Workers](#) (English and French PDF versions of the module available for free download on this page). Of particular interest may be the sections:
 - a. [Taking care of yourself after traumatic events](#)
 - b. [Taking care of others after traumatic events](#)
 - c. [When and how should you seek professional help?](#)
3. [Understanding and addressing Vicarious Trauma](#) (English PDF and English and French handouts available for free download). Of particular interest may be the sections:
 - a. [What helps: Addressing vicarious trauma](#)
 - b. [What can organizations and managers do?](#)
4. [Stress and stress management for national staff](#): Focused on cumulative stress and coping strategies and written for local nationals of developing countries.
5. [Podcast on Understanding Trauma](#): Episode 11 (Approximately 8 minutes long) in our podcast series talks about understanding trauma.
6. [On the road again: Coping with travel and re-entry stress](#): Written with frequent short-to medium-term travelers in mind, this gives tips to help travelers cope better with travel stress before, during, and after travel. (English PDF and English and French PDF versions available for free download.)
7. [Family Matters: Self-care for family members of humanitarian workers](#): A resource for the family members of your staff, may be particularly helpful for the partners of staff that travel frequently.
8. [The CARD directory](#) – CARD is an international online directory of professional counselors interested in providing services for humanitarian relief and development workers.
9. An updated list of French speaking counselors attached, compiled by Dr Laurie Pearlman.

Additional websites or resources you may find useful:

- People In Aid's [Managing People In Emergencies website](#) has guidelines and checklists to plan, recruit, deploy and manage staff in an emergency.
- [InterHealth](#): Has posted information on Travel Health for Staff and volunteers traveling to Haiti.
- [InsideNGO](#) has created a Haiti page with useful links and resources
- [Psychological First Aid: Field Operations Guide](#) (Published by the National Center for PTSD)
- Information from the American Psychological Association (APA) including: [Tips for recovering from disasters and other traumatic events](#).
- The APA [Disaster Resources for First Responders](#) site