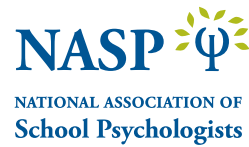




Workshop 2 (3rd Edition, 2019)



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Handout 35: Possible Questions to Ask When Assessing Problem-Solving Resources

1. To help identify thoughts about causing harm to oneself or other people state or ask:
 - Sometimes situations like these can be very overwhelming.
 - Have you had any thoughts about suicide? (For children in the primary grades use the words “killing yourself” instead of suicide.)
 - Have you had any thoughts about harming someone else?
2. To help assess the availability of social support systems ask:
 - Are there family members, friends, or community agencies that you can rely on for help with problems that you are facing as a result of the disaster?
3. To help identify prior alcohol or drug use ask:
 - Has your use of alcohol, prescription medication, or drugs increased since the disaster?
 - Have you had any problems in the past with alcohol or drug use?
 - Are you currently experiencing withdrawal symptoms from drug use?

Note. Adapted from *Psychological First Aid: Field Operations Guide* (pp. 60–61), by M. Brymer et al., 2006, Rockville, MD: National Child Traumatic Stress Network and National Center for PTSD. Adapted with permission.