

# Compendium of different international resources

## Resources from ISCA

<https://iscainfo.com/Crisis-and-Grief>

We know in times of crisis, school counsellors can be the support that students and schools need. For our friends and colleagues around the world who might be responding to the crisis in Ukraine; we're here to support you.

Please reach out to us at [counseling@iscainfo.com](mailto:counseling@iscainfo.com) if you need additional support.

Thank you for all you do,

International School Counsellor Association

**TIE: The International Educator: Stand with Ukraine:** <https://www.tieonline.com/ukraine.cfm>

## Resources from CTRI (Crisis and Trauma PTSD Resource Institute, Canada):

<https://ca.ctrinstitute.com/resources/>

<https://ca.ctrinstitute.com/workshops/category/grief/>

During these challenging times we've recently created some FREE topical and smaller resources on personal strategies for responding to difficult world events.

- A blog: <https://ca.ctrinstitute.com/blog/strategies-for-coping-during-troubling-world-events/>
- Some audio exercises for managing personal stress and anxiety. Two of these are ideal for children to use around breathing and a movement activity.

Email: [info@ctrinstitute.com](mailto:info@ctrinstitute.com)

1. Well-being and human skill solutions

<https://www.createpositive.org/team>

2. Resources from Crisis Management institutions/ Humanitarian Offices/ Civil Protection in Disasters and wars in EU/ UN/WHO.

<https://www.acted.org/en/partners/european-commission-humanitarian-aid-civil-protection-echo/>

[https://ec.europa.eu/echo/what/civil-protection/eu-civil-protection-mechanism\\_en](https://ec.europa.eu/echo/what/civil-protection/eu-civil-protection-mechanism_en)

PDF: [https://www.who.int/mental\\_health/emergencies/guidelines\\_iasc\\_mental\\_health\\_psychosocial\\_june\\_2007.pdf](https://www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf)

**World Health Organisation:**

<https://www.who.int/news-room/fact-sheets/detail/mental-health-in-emergencies#:~:text=Among%20people%20who%20have%20experienced,disorder%2C%20bipolar%20disorder%20or%20schizophrenia>

**CIT International, US (Response in Crisis):**

<https://www.citinternational.org/>

**International Red Cross:**

<https://www.redcross.org/get-help.html>

**Support in cases of forced Displacement of Refugees:**

[https://ec.europa.eu/echo/what/humanitarian-aid/forced-displacement-refugees-asylum-seekers-and-internally-displaced-people-idps\\_en#:~:text=The%20EU%20is%20a%20leading,forcibly%20displaced%20and%20local%20communities.](https://ec.europa.eu/echo/what/humanitarian-aid/forced-displacement-refugees-asylum-seekers-and-internally-displaced-people-idps_en#:~:text=The%20EU%20is%20a%20leading,forcibly%20displaced%20and%20local%20communities.)

**Online Counselling:**

<https://www.thelindencentre.org/guided-self-help-online-counselling-services/>

<https://trumangroup.com/>

**A link that the IBO has put together and Letter from IBO Director**

<https://www.ibo.org/news/news-about-ib-schools/open-letter-from-director-general-olli-pekka-heinonen-on-ukraine/supporting-students-and-schools-impacted-by-crisis/>

Pechersk School's community letter <https://www.psi.kiev.ua/community/stand-with-ukraine>

**UNESCO Current Report in Ukraine:** <https://unesdoc.unesco.org/ark:/48223/pf0000380872>

3. Debriefing and Crisis response Protocols for schools, an example here from the [Metropolitan School of Frankfurt, in Germany](#) (your Crisis Response Teams can adjust them to your school's needs, characteristics and nuances)

Crisis Response and Planning Team: <https://www.ecis.org/wp-content/uploads/2022/03/MSF.SEC.-SOS.-Crisis-Response-Planning-and-Team.2021-5.pdf>

Critical Incident Group Debriefing: <https://www.ecis.org/wp-content/uploads/2022/03/MSF.-SEC.SOS .CIGD .2021-5.pdf>