

Psychological First Aid (PAF) and Other Resources Schools, Caregivers, Young People

Many families, neighbors, young people, and communities are feeling anxious and afraid due to recent immigration enforcement actions. Adults in helping roles -- like teachers, counselors, child care providers, and others -- can make a big difference.

Everyone reacts to stress in different ways. Children and teens may feel nervous, sad, or confused. It is important to know that their feelings are real and valid.

Some young people talk about their fears. Others may have trouble paying attention, have behavior changes, have trouble sleeping, or may seem quieter than usual. These may be signs that they are experiencing trauma.

Here are ways adults can help:

1. Talking About What's Happening

- Use these handouts to help explain things to children:
 - **Handout - English** (Illinois Chapter American Academy of Pediatrics)
 - **Handout - Spanish** (Illinois Chapter American Academy of Pediatrics)

2. Using Psychological First Aid

- This is a way to help people feel safe and calm during stressful times.
- You can:
 - Use the [Listen, Protect, Connect tips](#) to provide comfort, calm the environment, and help children cope.
 - Take a [free 1-hour training](#) via the Center for Childhood Resilience at Lurie Children's Hospital
 - Download the Psychological First Aid Mobile app on your phone to get help supporting others. (Search for "PFA Mobile" in the App Store.)

3. Getting Help

- **Need someone to talk to?** Call the Illinois Warm Line at 866-359-7953. A support specialist can help you or a family member with behavioral health and family support challenges.
- **In a mental health crisis?** Call or text 988 to reach the Suicide & Crisis Lifeline. Dial 2 for Spanish.
- **Need help for a child?** Families can visit BEACON at <https://beacon.illinois.gov/> for services that focus on other mental health needs.
- **Need substance use treatment and recovery support?** Call 833-2FINDHELP (833-234-6343) for information, support, and services. Spanish-speaking staff, and interpreter services are available in any language.

4. Sharing Resources for Immigrant Families

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- Share the [Illinois Immigration Information Hub](#), a guide for Illinois' immigrant communities to know your rights, access information, and get connected to legal help.
- Help a family create a [Family Preparedness Plan](#) for emergencies like ICE detention or sudden illness.
- Call the [ICIRR Family Support Network Hotline](#) at 1-855-HELP-MY-FAMILY (1-855-435-7693) if you think you see ICE activity or if a loved one has been arrested or detained. Available in English, Spanish, Korean, and Polish.
- Learn more about help for students at the Chicago Public Schools [Immigration Resource Hub](#).

5. Understanding resources for schools, daycares, and other caretakers

- [Non-Regulatory Guidance on Immigration Enforcement Actions on School Property](#) from the Illinois State board of Education
- [Non-Regulatory Guidance on Immigration Enforcement Actions at Day Care Facilities](#) from the Illinois Department of Early Childhood (IDEC) and Illinois Department of Children and Family Services (DCFS) ([Spanish](#))
- [Information](#) about when and how DCFS can help support children if their guardians are impacted by immigration challenges ([Spanish](#))