



## Ohio Psychological Association: Official Statement

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### Psychological Impact of Terrorism

*November 16, 2016*

*Written by: Ohio Psychological Association Board of Directors*

The Ohio Psychological Association (OPA) Board of Directors met on Saturday, November 14 and expressed horror over the acts of terrorism that occurred in Paris on the previous evening. The OPA Board expresses condolences and support for those directly impacted by the attacks, and would like to offer resources for those in the general public who are dealing with the emotional distress generated by these events.

There are several resources on the American Psychological Association (APA) website ([www.apa.org/helpcenter/disaster/index.aspx](http://www.apa.org/helpcenter/disaster/index.aspx)) on dealing with terrorism and disasters. The APA website ([www.apa.org/helpcenter/resilience.aspx](http://www.apa.org/helpcenter/resilience.aspx)) also includes a guide for parents and teachers to help facilitate talking with children about their feelings in regarding to viewing disturbing news.

The American Red Cross is another robust resource. Their website ([www.redcross.org/prepare/disaster/terrorism](http://www.redcross.org/prepare/disaster/terrorism)) includes information on how the public can better prepare, respond and recover from terrorist events.

It is tragic to hear of such events and gives us pause about our own safety and security. Psychologists can help the public manage their own fears and also develop plans for dealing with unexpected events.

If you would like more information about how psychologists can help, please call the OPA office at 614.224.0034.

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