

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT) FOR WILDFIRE SURVIVORS



Child &
Adolescent
Mental
Health
Division

**Do you know a child or teen deeply impacted
by the wildfires?**

What is Trauma Focused-Cognitive Behavioral Therapy?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based, short-term intervention for addressing behavioral health issues related to traumatic events relating to disasters and grief.

How can it help children and teens?

TF-CBT helps children and teens manage and reduce negative emotions and behaviors and offers skills to help parents support their children and teens.

Where do I start?

Scan the QR code or use this [link](#) to complete the online form to connect with a Hawai'i provider trained in this evidence-based approach.

