



## Mental Health and Crisis Resources for Coping with Violence

Incidents of violence and mass shootings are devastating — especially for those who lose loved ones in the wake of such traumatic events. We are often left feeling helpless, struggling to find resources that could help make sense of the situation or provide immediate crisis counseling to those impacted.

This resource guide, compiled by the Maryland Department of Health’s Behavioral Health Administration, provides tips and resources for those impacted, including youth, parents and caregivers, teachers and behavioral health professionals.

### Tips for coping:

- Avoid overexposure to the news and social media. This is especially important for young people.
- Stay cognizant of your emotional health and how it is impacted by the news you consume, as well as the emotional health of the people around you.
- Attend to your self-care needs: go for walks, listen to music, meditate, exercise. Try to keep a normal routine as much as possible. Get enough sleep and nourishment.
- Maintain ongoing contact with your support systems, such as friends and family.
- Try to recognize when you may need extra support. Don’t be afraid to ask for help (or offer help to someone who may also be struggling emotionally).
- Check on the young ones in your life. Help them talk about their feelings about the situation to help ease their fears.
- Seek professional counseling or therapy for yourself and loved ones as needed.

### Resources:

- [Roberta’s House](#) — a Baltimore- and Landover-based family grief support center
- University of Maryland School of Medicine’s National Center for School Mental Health — [Supporting Students, Staff, Families, and Communities Impacted by Violence](#)
- National Institute of Mental Health — [Post traumatic stress disorder](#)
- American Counseling Association — [Disaster mental health resources](#)

- [GriefShare](#) — seminars and support groups
- [Life Crisis Center](#) —24/7 domestic violence hotline
- [Maryland Association of Behavioral Health Authorities](#) — information on advocacy groups and other resources
- [Critical Incident Stress Management](#) offers victims, survivors, witnesses, first responders and caregivers disaster response by offering prevention, intervention, and recovery services

SAMHSA's Disaster/Distress Hotline: call or text 1-800-985-5990 (for Spanish, press 2)

- [Incidents of Mass Violence](#)
- [Tips for Talking with Children & Youth Cope After a Disaster or Traumatic Event](#) — fact sheet

The Institute for Educational Leadership recommends the American Federation of Teachers Share My Lessons, which include curated collections on [Coping with Trauma](#) and on [Mental Health Awareness](#).

- [Gun Violence and Mass Shootings](#)
- [Supporting Safe Schools: Resources for Gun Violence Prevention](#)
- [Helping students cope with gun tragedies and learning about advocacy](#)

The National Child Traumatic Stress Network developed [resources to help children, families, educators, and communities](#) navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together:

- [Talking to Children about the Shooting](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Talking to Teens about Violence \(En Español\)](#)
- [Coping After Mass Violence \(En Español\)](#) — for teens
- [Coping After Mass Violence](#) — for adults
- [Helping School-Age Children w/ Traumatic Grief \(En Español\)](#) — for caregivers
- [Helping Teens w/ Traumatic Grief \(En Español\)](#) — for caregivers
- [Helping Young Children w/ Traumatic Grief \(En Español\)](#) — for caregivers
- [Guiding Adults in Talking to Children about Death and Attending Services](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Once I Was Very Very Scared](#) — children's book for young children
- [After the Injury](#) — website for families with injured children

#### **Other BHA resources for youth:**

- [Youth Suicide Prevention Toolkit](#)
- BHA's [Child, Adolescent & Young Adult Services](#) division manages [Mind Resilience](#), a website created to establish a foundation from which positive mental and behavioral health can be defined, valued and achieved for individuals, families, organizations and communities.
- [Local and national dating violence awareness resources](#)
- [Intimate Partner Violence, Traumatic Brain Injury and Child Maltreatment Resource Guide](#)

- [Student and Young Adult Resource Guide for Coping during COVID-19](#)

### **Resources for professionals:**

The National Child Traumatic Stress Network has **resources for responders** on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card](#) ([En Español](#)) provide a quick reminder of the core actions. The [PFA online training](#) course is also available.

### Additional Psychological First Aid **resources for schools**

- [Psychological First Aid for Schools](#) — field operations guide
- [Providing PFA-S: For Health-Related Professionals](#) — handout
- [Providing PFA-S: For Principals and Administrators](#) — handout
- [Providing PFA-S: For School Support Staff](#) — handout
- [Providing PFA-S: For Teachers](#) — handout

The National Mass Violence and Victimization Resource Center

- [Transcend](#) — mobile app to assist with recovery after mass violence
- [Rebuild your Community: Resources for Community Leaders](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [E-learning Courses: Trainings for Clinicians](#)
- [Resources for Victim Assistance Professionals](#)

The Center for the Study of Traumatic Stress at the Uniformed Services University

- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Leadership Communication: Anticipating & Responding to Stressful Events](#)
- [Coping with Stress Following a Mass Shooting](#)

The American Counseling Association

- [Disaster and Trauma Responses of Children \(PDF\)](#)
- [Disaster and Trauma Effects on Parents \(PDF\)](#)
- [Helping Survivors with Stress Management Skills \(PDF\)](#)

The National Child Traumatic Stress Network

- [Helping Youth After a Community Trauma \(En Español\)](#) — for educators
- [Tips for Talking to Students about Violence](#) — for educators
- [Health Care Toolbox](#) — website for pediatric health providers working with injured children
- [Pause-Reset-Nourish to Promote Wellbeing \(En Español\)](#) — for responders

Center for Disease Control and Prevention:

- [Helping Children Cope With a Disaster](#)
- [Helping Children Cope During & After a Disaster](#)
- [Helping Children Cope with Emergencies](#)

- [Caring for Children in a Disaster](#)

National Institute of Mental Health

- [Helping Children and Adolescents Cope With Traumatic Events](#)
- [Child and Adolescent Mental Health](#)

National Center for School Crisis and Bereavement

- [Talking to Children About Terrorist Attacks & School & Community Shootings in the News](#)

Sesame Street in Communities

- [Community & Gun Violence](#)
- [What Are Traumatic Experiences?](#)
- [Resilience](#)

American Academy of Pediatrics:

- [Talking to Children About Tragedies & Other News Events](#) — for parents and caregivers
- [Talking to Children About Disasters](#) — for parents and caregivers
- [Helping Children Cope and Adjust After a Disaster](#) — for providers
- [AAP Pediatric Preparedness Resource Kit](#) — for providers
- [Professional Resources for Disaster Preparedness](#) — for providers

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### Trainings and events:

- **Mental Health First Aid Training** — a national certification program providing skills-based training to identify the signs and symptoms of mental health or substance use challenges. Learn more about [Mental Health First Aid Training in Maryland](#).
  - Free **Youth Mental Health First Aid Training** in [Baltimore City through June 30, 2022](#)
- **Maryland Center for School Safety Summer Conference:** "A Collaborative Approach" to school safety. Free. July 12 and 13, 2022. [Register here](#).
- **NAMI Basics** (July 6 — August 10) The National Alliance on Mental Illness (NAMI) offers a 6-session education program for parents, caregivers and others who care for youth who are experiencing mental health symptoms. Caregivers of children and adolescents affected by a mental health condition teach this 2½-hour course. [Learn more](#) or [register here](#).