



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](#) — Baltimore- and Landover-based family grief support center
- University of Maryland'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 Helpline](#): call or text 1-800-985-5990 (for Spanish, press 2)
 - [Coping Tips for Traumatic Events and Disasters](#)
 - [Incidents of Mass Violence](#)
 - [Tips for Survivors: Coping With Anger After a Disaster or Other Traumatic Event](#)
 - [Tips for Young Adults: Coping With Mass Violence](#)
 - Disaster Behavioral Health Info Series: [Mass/Community Violence](#)

For educators:

The Institute for Educational Leadership recommends the American Federation of Teachers Share My Lessons, which include curated collections:

- [Coping with Trauma](#)
- [Mental Health Awareness](#).
- [Supporting Safe Schools: Resources for Gun Violence Prevention](#)
- [Helping students cope with gun tragedies and learning about advocacy](#)

The National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Parent Guidelines for Helping Youth After the Recent Shooting](#)
- [Coping After Mass Violence](#)
- [For Teens: Coping After Mass Violence](#)
- [Talking to Children about Mass Violence](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Psychological Impact of Mass Violence](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers \(En Español\)](#)
- [Helping Youth After Community Trauma: Tips for Educators \(En Español\)](#)
- [After a Crisis: Helping Young Children Heal \(En Español\)](#)
- [Age-Related Reactions to a Traumatic Event \(En Español\)](#)
- [Once I Was Very Very Scared](#) – children's book for young children
- [I Don't Know How to Address Worries About My Child's Safety at School](#) (webinar)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\) \(for responders\)](#)

Other Behavioral Health Administration (BHA) resources for youth:

- [Youth Mental Health 1-pager](#)
- [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](#)
- [Student and Young Adult Resource Guide for Coping during Covid](#)
- [Minority Mental Health Awareness Resources](#)

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

From the National Mass Violence and Victimization Resource Center & Partners

- [Transcend](#) (mobile app to assist with recovery after mass violence)
- [Rebuild your Community: Resources for Community Leaders](#)
- [Media Guidelines for Homicide Family Survivors](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [E-learning Courses: Trainings for Clinicians](#)
- [Resources for Victim Assistance Professionals](#)
- [Emergency Management Virtual Toolkit for Institutions for Higher Education](#)

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 \(PDF\)](#)

The National Child Traumatic Stress Network

- [Helping Youth After a Community Trauma \(En Español\)](#) — for educators
- [Health Care Toolbox](#) — 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](#)
- [Resilience](#)

American Academy of Pediatrics:

- [Talking to Children About Tragedies](#) — 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

Resources for responders:

- [Recovery From Large-Scale Crises: Guidelines for Crisis Teams and Administrators](#)
- [Managing Stress for Disaster Responders and First Responders](#)
- [Helping Victims of Mass Violence & Terrorism Toolkit](#)
- [Psychological First Aid](#) (PFA; [En Español](#))

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.](#)
- **Maryland Center for School Safety** — offers trainings and resources and an annual summer conference. [Learn more.](#)
- **NAMI Basics** — The National Alliance on Mental Illness (NAMI) offers a 6-session program for parents and caregivers. Caregivers of children and adolescents affected by a mental health condition teach this 2½-hour course. [Learn more.](#)

If you need support, contact the 988 Suicide & Crisis Lifeline:

Call or text 988, [chat online](#) or [learn more.](#)