



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## Supporting Students, Staff, Families, and Communities Impacted by Violence

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities impacted by violence.

### Emergency/Immediate Help

- [988 Suicide & Crisis Lifeline](#) provides free, confidential, 24/7/365 support to anyone in the U.S., whether or not they are thinking about suicide. Simply dial or text **988**.  
[For ASL support](#), dial **711-988**.  
*Substance Abuse and Mental Health Services Administration (SAMHSA) + Vibrant Emotional Health*
- [Crisis Text Line](#) is a free, secure online platform providing 24/7 support to anyone experiencing any type of crisis. To reach a trained volunteer Crisis Counselor, text **HOME** to **741741** or initiate a [chat via WhatsApp](#).  
[En español](#), envía un mensaje de texto con la palabra **AYUDA** al **741741**.
- [The Disaster Distress Helpline](#) is a free hotline dedicated to providing 24/7/365 crisis counseling to anyone in the U.S. and its territories who is experiencing emotional distress related to natural or human-caused disasters. Call or text **1-800-985-5990**.  
[For ASL support](#), dial **1-800-985-5990** from your videophone or click the "ASL NOW" button on the linked webpage.  
[En español](#), envía un mensaje de texto o llama **1-800-985-5990** presiona **2**.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*

### Quick Assistance (short fact sheets & guides)

- [Childhood Traumatic Grief: Youth Information Sheet](#) helps young people identify symptoms of pronounced grief and suggests common self-soothing techniques. Relatedly, [Childhood Traumatic Grief: Information for Parents and Caregivers](#) and [Childhood Traumatic Grief: Information for School Personnel](#) offer guidance to adults around recognizing grieving symptoms in children and providing pathways to healing.  
*The National Child Traumatic Stress Network (NCTSN)*

- **[Coping with Community Violence Together](#)** is a brief article sharing tips and resources for fostering mental healthcare and networks of support in the face of mass violence, particularly in underserved and marginalized communities.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*
- **[Culturally Competent Crisis Response](#)** helps school psychologists and other responders ensure their crisis response is culturally inclusive, appropriate, and respectful, so that all students and families receive the support they may need.  
*National Association of School Psychologists (NASP)*
- **[For Teens: Coping after Mass Violence](#)** helps teenagers identify common reactions and challenges after mass violence and establish healthy, adaptive coping mechanisms.  
*The National Child Traumatic Stress Network (NCTSN)*
- **[From Pain to Purpose: 5 Ways to Cope in the Wake of Trauma](#)** offers practical advice for overcoming fear and continuing onward after a traumatic experience.  
*National Public Radio (NPR)*
- **[Going Back to School After a Tragedy](#)** is a brief guide for parents and caretakers seeking effective strategies to encourage young children to return to the classroom after a tragic event has occurred within the school community.  
*Child Mind Institute*
- **[Guidelines for Responding to the Death of a Student or School Staff](#)** helps educators, school administrators, and crisis responders appropriately care for grieving students and/or staff.  
*National Center for School Crisis and Bereavement*
- **[Helping Your Children Manage Distress in the Aftermath of a Shooting](#)** provides tips for parents to discuss gun violence with children and help soothe their grief.  
*American Psychological Association (APA)*
- **[Helping Youth after Community Trauma: Tips for Educators](#)** is a short fact sheet designed to help educators and school staff identify grieving behaviors among students and learn how best to provide support.  
*The National Child Traumatic Stress Network (NCTSN)*
- **[Resources for Communities After a School Shooting](#)** compiles various guides, videos, and webinars covering a range of topics related to preparing for, leading through, and recovering from school-based gun violence.  
*The Institute for Firearm Injury Prevention at the University of Michigan*
- **[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#)** supplies caregivers with strategies to help children process and heal from exposure to violence.  
*Center for the Study of Traumatic Stress*

- [\*\*Supporting Safe Schools: Lesson Plans and Resources for Gun Violence\*\*](#) is a compilation of in-depth educational materials related to school safety and gun violence prevention.  
*American Federation of Teachers*
- [\*\*Talking to Children When Scary Things Happen\*\*](#) helps adults overcome difficult emotions and provide reassurance to children in the aftermath of a traumatizing event. [\*\*Talking to Teens When Violence Happens\*\*](#) and [\*\*Talking to Students When Violence Happens\*\*](#) adapt these techniques for conversations with older children and within the school environment.  
*Center for Resilience & Well-Being in Schools*
- [\*\*Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers\*\*](#) helps parents and teachers recognize common reactions of children of all ages after experiencing a disaster or traumatic event. It highlights reactions by age group, offers tips for how to respond in a helpful way, and recommends when to seek help.  
*Substance Abuse and Mental Health Services Administration (SAMHSA)*

### **In-depth Information** (longer articles & toolkits)

- [\*\*After a School Tragedy...Readiness, Response, Recovery, & Resources\*\*](#) is a comprehensive guide designed to equip schools with the necessary tools to support students and families in the event of a violent crisis.  
*Mental Health Technology Transfer Center Network (MHTTC)*
- [\*\*Community Violence Training Materials\*\*](#) provides critical information around the causes and effects of community violence and shares tips for developing networks of care.  
*Urban Youth Trauma Center at the University of Illinois, Chicago*
- [\*\*Handouts from the Psychological First Aid Manual\*\*](#) comprises numerous guides to support children, adolescents, adults, families, caregivers, and community response teams in the aftermath of disaster and terrorism. [\*\*Psychological First Aid\*\*](#) is an evidence-informed, culturally responsive approach designed to alleviate immediate distress and promote adaptive coping skills across all developmental levels.  
*National Center for PTSD + The National Child Traumatic Stress Network (NCTSN)*
- [\*\*It Ends With Us: A Plan to Reimagine Public Safety\*\*](#) proposes a detailed policy agenda to reduce gun violence and build safe communities.  
*March For Our Lives*
- [\*\*Recovery from Large-Scale Crises: Guidelines for Crisis Teams and Administrators\*\*](#) outlines specific crisis response, intervention, and recovery strategies for use in the immediate aftermath of a tragedy, as well as in the months and years following the event.  
*National Association of School Psychologists (NASP)*

- **[Responding to a Mass Casualty Event at a School: General Guidance for the First Stage of Recovery](#)** recommends practical steps school personnel should take the day of, and in the month following, a large-scale act of violence at school.  
*National Association of School Psychologists (NASP)*

## **Interactive Resources** (videos, mobile apps, books, etc.)

- **[A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma](#)** is read aloud by author Margaret Holmes in this interactive video. The illustrative book is also available for purchase [here](#).  
*Magination Press*
- **[Death and School Crisis](#)** is an educational video addressing the destabilizing effects of the death of a student, teacher, or school staff member, and recommends community coping strategies.  
*Coalition to Support Grieving Students*
- **[How Gun Violence Affects American Children](#)** is a 46-minute podcast featuring the stories and reflections of young people who have experienced gun violence.  
*National Public Radio (NPR)*
- **[Mental Health First Aid Maryland](#)** is a national certification program which trains caregivers, professionals, and community members in Maryland to identify emerging mental health crises and take appropriate steps to respond and provide care. This is a particularly useful course for teachers and school staff, even those that are [not Maryland residents](#).  
*Mental Health Association of Maryland*
- **[Once I Was Very Very Scared](#)** is a charmingly illustrated book intended to teach children that it is okay to react to stress and fear in their own unique way, and that leaning on others can be an effective coping strategy.  
*Chandra Ghosh Ippen & Erich Ippen Jr.*
- **[Sesame Street: Community & Gun Violence](#)** is a collection of articles, videos, and storybooks which employ the Muppets to help young children understand and cope with violence. Similarly, **[Traumatic Experiences](#)** compiles resources to help children and families reconnect and regain hope both during and after times of crisis.  
*Sesame Street in Communities*
- **[The Transcend App](#)** was developed for survivors, families, and anyone who would like to support those affected by mass violence. The app provides resources and information about common reactions to mass violence and strategies for recovery. It is available for free on iOS.  
*National Mass Violence and Victimization Resource Center (NMVVC)*