

RESOURCE LINKS FOR FAMILIES AND EDUCATORS

- [Helping Children Cope with Tragedy Related Anxiety](#)
- [Talking to Children about the Shooting](#)
- [Talking to Children about Violence](#)
- [Talking to Children About Violence: Tips for Families and Educators](#)
- [Tips for Talking with Children and Youth After Traumatic Events](#)
- [Coping in the Aftermath of a Shooting](#)
- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Talking With Children About Tragic Events](#)

Hotline to call if you feel you need more help ...



Note: Even though this says “Suicide & Crisis Helpline” this is for ANY calls to help families

Sweetser Mobile Crisis Intervention: Sweetser’s mobile crisis intervention specialists respond to crisis calls from parents, teachers, police officers, other guardians, and youth asking for immediate help with a child or family in crisis. To access Mobile Crisis Intervention services, call the crisis line at **1-888-568-1112** for rapid response to crisis situations 24 hours a day, 7 days a week.

NAMI Maine Helpline: 1-800-464-5767 and Press 1 or visit <https://www.nami.org/help>

Crisis Text Line: Text HELLO to **741741** Available 24/7

SPECIFIC THINGS TO KEEP IN MIND WHEN TALKING WITH CHILDREN OF VARIOUS AGES...

- **Early elementary school children** need brief, simple information that should be balanced with reassurances that their school and homes are safe and that adults are there to protect them. Give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground, and emergency drills practiced during the school day.
- **Upper elementary and early middle school children** will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance processing the incident. Discuss efforts of school and community leaders to ensure their safety.
- **Upper middle school and high school students** will have strong and varying opinions about the causes of violence in society. They will share concrete suggestions about how to prevent tragedies in society. Emphasize the role that students have in maintaining safe communities and schools, communicating any personal safety concerns to school administrators and parents/guardians, and accessing support for emotional needs.

Thank you to the Gorham School Department and Maine Department of Education for collecting some of these resources.