

Gun Violence Resources

***** A HUGE thank you to the folks who have gathered the material I'm sharing below*****

Educate yourself:

- [Mental Health Impacts of Mass Shootings](#)
 - This report discusses the varied and lasting effects of gun violence.
- [The Truth About Suicide and Guns](#)
 - This report explores the link between suicide and guns.
- [The Toll of Gun Violence in America](#)
 - This report discusses the impact of gun violence in America.
- [Beyond Bullet Wounds: Guns in the Hands of Domestic Abusers](#)
 - This report explores the link between domestic violence and gun violence.

Mental Health Resources:

Informational Guides:

- [Coping Tips for Traumatic Events and Disasters](#)
 - This post offers healthy ways to cope with traumatic events.
- [Suicide Prevention Resources](#)
 - This PDF offers community support for those who are affected by gun violence and may be contemplating suicide.
- [Coping Skills and Self Care Activities](#)
 - This is a list of activities to help you when you are feeling overwhelmed from Team Enough.
- [Navigating a Mental Health Crisis](#)
 - This PDF is a resource guide for people who are experiencing a mental health emergency.
- [The National Queer and Trans Therapists of Color Network](#)
 - This network of mental health professionals is “committed to transforming mental health for queer and trans people of color.”
- [Steps on how to find a mental health provider](#)
 - This post explores different options when searching for mental healthcare.

Crisis Hotlines:

- [National Suicide Prevention Hotline](#): 1-800-273-TALK (8255) or text 741-741
- [National Domestic Violence Hotline](#): 1-800-799-7233

- [SAMHSA Disaster Distress Hotline](#): 1-800-985-5990 or text TalkWithUs to 66746
- [Trans Lifeline](#): 877-565-8860
- [LGBT National Youth Talkline](#): 800-246-7743
- [Steve Fund](#): Are you a young person of color? Feeling down, stressed, or overwhelmed? Text STEVE to 741741

Actionable steps you can take:

Donate:

- [Find a mutual aid fund near you](#)
- [EveryTown](#)
- [Black Emotional and Mental Health \(BEAM\)](#)
- [Team ENOUGH](#)
- [Brady United](#)
- [Texas Gun Sense](#)

Send a letter to your representatives:

- [Take Action on Stronger Background Checks](#) (For US)
- [Take Action on Common Sense Gun Safety](#) (For Texas)
- [Find Your Representatives](#)