

Resources in the Aftermath of a Mass Shooting

General Disaster Resources

- [Disaster Distress Helpline \(SAMHSA\)](#):
 - The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- [Red Cross Virtual Assistance Center](#):
 - You can connect with the Red Cross immediately by calling 1-833-492-0094
 - There is a "request a call" button on this website where anyone can request a call from Red Cross volunteers trained in behavioral health, spiritual care, and health services.
- [Crisis Hotlines and Resources \(American Psychological Association\)](#)
- [Recovering emotionally from a disaster \(American Psychological Association\)](#)
- [In the Aftermath of Disaster \(American Red Cross\)](#)

Resources for Providers

- **Vicarious Trauma**
 - [Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue \(SAMHSA\)](#)
 - [Vicarious Trauma \(American Counseling Association\)](#)
- **Psychological First Aid**
 - [Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers \(SAMHSA\)](#)
 - [What is Psychological First Aid \(PFA\)? \(American Psychological Association\)](#)
 - [Psychological First Aid Resources \(American Psychological Association\)](#)
 - [Helping Survivors with Stress Management Skills \(American Counseling Association\)](#)
- **Videos and Trainings**
 - [Webinar: Psychological First Aid in Regional Disaster Health Operations \(R7DHRE\)](#): A free, one-hour webinar on Psychological First Aid (PFA) facilitated by Dr. Jerry Walker.
 - [Caring for Yourself While Caring for Others During the Pandemic: Self-Care and Stress Inoculation \(Institute for Disaster Mental Health\)](#)
- **Other Resources**
 - [SAMHSA Disaster Mobile App](#): The free SAMHSA Disaster App offers first responders immediate access for any type of traumatic event at every phase of response, including pre-deployment preparation, on-the-ground assistance and post-deployment resources.

Resources for Coping After a Mass Shooting

General Resources for Coping After a Mass Shooting

- [Managing your distress in the aftermath of a shooting \(American Psychological Association\)](#)
- [Incidents of Mass Violence \(SAMHSA\)](#)
- [Coping in the Aftermath of a Shooting \(American Counseling Association\)](#)
- [APA Resources for coping with mass shootings, understanding gun violence](#)
- [The Impact of Disaster and Mass Violence Events on Mental Health \(National Center for PTSD\)](#)
- [Disasters \(American Psychological Association\)](#)
- [Impact of Mass Shootings on Individual Adjustment \(PTSD Research Quarterly, 2014\)](#)

- [Coping with Stress Following a Mass Shooting Fact Sheet \(Center for the Study of Traumatic Stress\)](#)

Resources for Parents and Teachers

- [Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals \(Center for the Study of Traumatic Stress\)](#)
- [Care for Caregivers: Tips for Families and Educators](#)
- [Helping your children manage distress in the aftermath of a shooting \(American Psychological Association, 2/1/2019\)](#)
- [Parent Guidelines for Helping Youth after the Recent Shooting \(The National Child Traumatic Stress Network\)](#)
- [Video: Caring for Kids After a School Shooting \(Child Mind Institute\)](#)
- [Talking to Children About Violence: Tips for Parents and Teachers \(National Association of School Psychologists\)](#)
- [How to talk to children about difficult news \(American Psychological Association\)](#)
- [School Safety and Crisis \(National Association of School Psychologists\)](#)

Compiled by the Disaster Response Committee on 5/26/2022; Updated on 6/3/2022