



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.

American Psychological Association

[Helping Your Children Manage Distress in the Aftermath of a Shooting](#). This page provides tips for parents to discuss shooting with their children and help manage distress.

Child Mind Institute

[Talking to Kids About Racism and Violence](#) provides guidance for adults supporting children while navigating their own emotions.

Federal Commission on School Safety

[Final Report](#). This report from the Federal Commission on School Safety was presented to the office of the US president in 2018 and outlines protection, prevention, and mitigation strategies.

March for Our Lives

[Peace Plan for a Safer America](#). This document outlines a policy agenda aimed at reducing gun violence.

National Association of School Psychologists

[Recovery from Large-Scale Crises: Guidelines for Crisis Teams and Administrators](#). This document outlines responses strategies immediately following a crisis as well as at one month, six months, one year, and beyond one year.

[Responding to a Mass Casualty Event at a School: General Guidance for the First Stage of Recovery](#). This brief guidance documents focuses on the roles of schools in the month following an mass casualty event.

[Responding to School Violence: Tips for Administrators](#) provides suggested steps to reinforce school safety and student and adult comfort following an event.

[Talking to Children About Violence: Tips for Parents and Teachers](#) provides guidance for adults helping kids process acts of violence.

National Child Traumatic Stress Network

[Community Violence: Reactions and Actions in Dangerous Times](#). This 4-page handout outlines the impacts of community violence and provides tips and resources for help-seeking.

[Coping After Mass Violence](#). Offers information on coping after mass violence. This fact sheet provides common reactions children and families may be experiencing after a mass violence event, as well as what they can do to take care of themselves.

[For Teens: Coping After Mass Violence](#). Resource for teenagers to help identify and tackle personal problems after mass violence. Has resources including taking care of yourselves, worrying about loved ones, and how to deal with unsafe and afraid feelings.

[Parent Guidelines for Helping Youth After Mass Violence](#). Information for parents to help deal and care for youth after mass violence events. Describes common reactions to mass violence and provides tips for parents on how to care for themselves and their child.

[Helping Youth after Community Trauma: Tips for Educators](#). A resource for educators and other staff that work with students to help them identify what students might feel like, and how the educators can best help them.

[Addressing Race and Trauma in the Classroom: A Resource for Educators](#). Helps educators understand how they might address the interplay of race and trauma and its effects on students in the classroom. The guide outlines recommendations for educators and offers a list of supplemental resources. It should be implemented in accordance with individual school policies and procedures.

[Helping Teens with Traumatic Grief: Tips for Caregivers](#). Describes how teens may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

school-age children may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

[Helping Young Children with Traumatic Grief: Tips for Caregivers](#). Outlines the feelings of young children struggling with the death of someone meaningful and offers suggestions on what caregivers can do to help.

National Mass Violence and Victimization Resource Center

[The Transcend app](#) was developed by the National Mass Violence and Victimization Resource Center (NMVVC) for survivors, their 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.

Substance Abuse and Mental Health Services Administration

[Disaster Distress Helpline](#). Call or text **1-800-985-5990** (for Spanish, press "2") to be connected to a trained counselor 24/7/365.