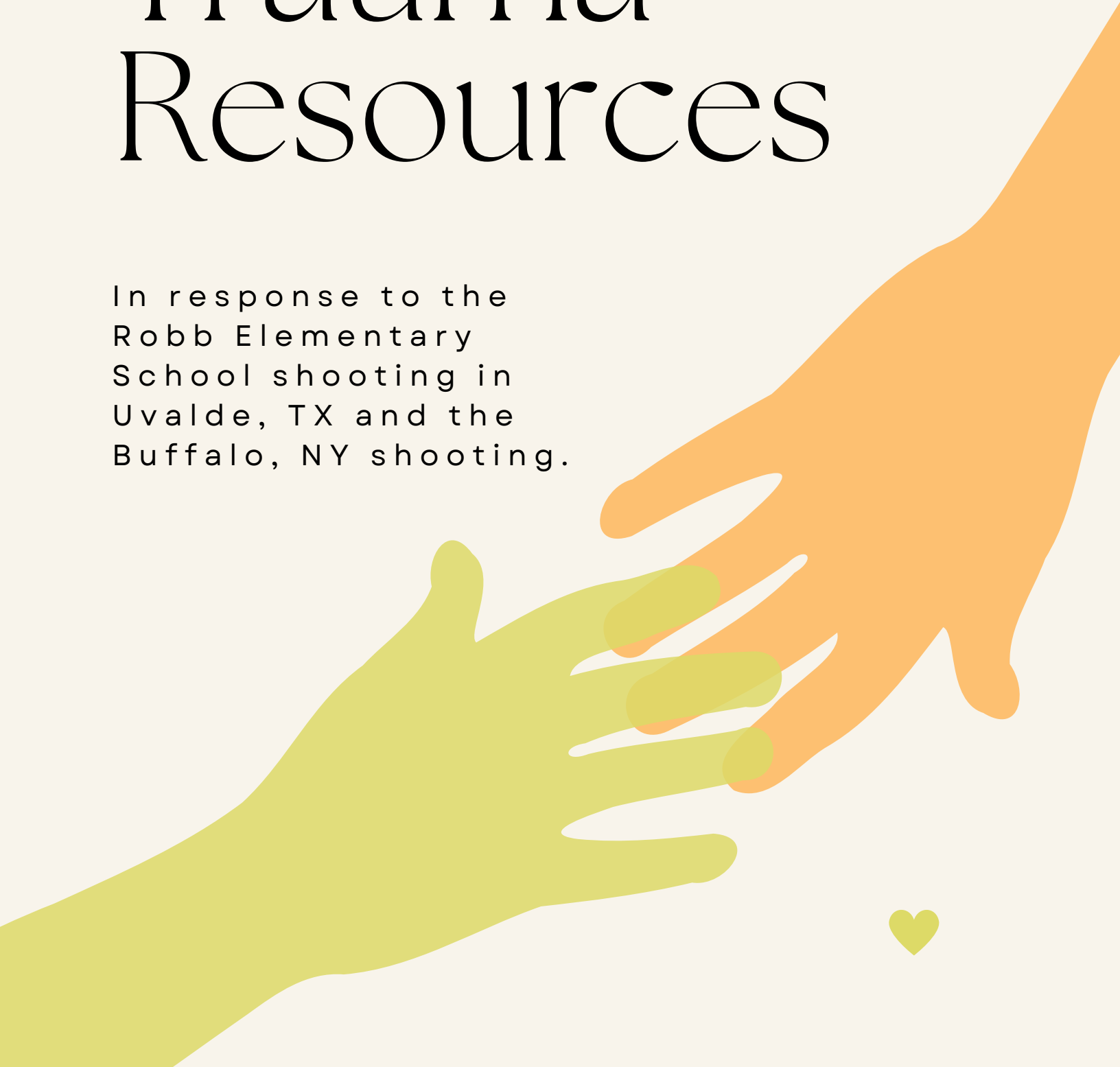


Grief and Trauma Resources

In response to the
Robb Elementary
School shooting in
Uvalde, TX and the
Buffalo, NY shooting.



(click on the links to access info)

Organizations & Lists of Resources

- [**NCLA-Duke National Center for Child Traumatic Stress**](#)
- [**WeRepair.org: Talking to Kids About Gun Violence**](#)
- [**American Psychological Association \(APA\)**](#): resources for coping with mass shootings, understanding gun violence
- [**¡Colorín Colorado!: 15 Tips for Talking with Children About Violence / en Español!**](#) Includes resources specific to Uvalde & Buffalo shootings
- [**Society of Pediatric Nurses Gun Violence Resources**](#)
- [**SAHM Mental Health Resources For Adolescents and Young Adults**](#)
- Also see NCTSN list on page 2

Articles/Individual Resources

- [**Sesame Street in Communities: Traumatic Experiences**](#)
- [**NPR: An expert in child trauma looks at how parents can support kids in Uvalde and elsewhere**](#)
- [**ALSC Tough Topics Booklists**](#) (includes lists for gr. K-2, 3-5 & 6-8)
- [**Child Mind Institute: How to Talk to Kids About School Shootings:**](#) includes help for parents/caregivers to reduce their own anxiety
- [**Boston Globe: How to Talk to Kids About Gun Violence**](#)
- [**For Teens: Creating Your Personal Stress-Management Plan**](#)
- [**Brooklyn Public Library: Talking to Children About Gun Violence**](#)
- [**#ARMEWITHBOOKS: a book list for young people in the age of school shootings**](#) includes lists of Picture Books, Middlegrade & Young Adult
- [**#ARMEWITHGAMES:**](#) empathy and social-emotional learning games for young people growing up in the shadow of lockdown drills and school shootings. Includes games for High School, Middle School & Up, and Elementary School.



Miscellaneous Resources

- [**Sesame Street Monster Meditations YouTube playlist**](#)
- [**Overdrive/Libby: Tough Topics**](#)
- [**Overdrive/ Libby: Keet Calm and Carry On: Kids Picks for Difficult Times**](#)

(click on the links to access info)

National Child Traumatic Stress Network Resource List:

In response to the Robb Elementary School shooting in Uvalde Texas, the National Child Traumatic Stress Network has developed resources to help children, families, educators, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:



- [Talking to Children about the Shooting](#)
- [Helping Youth After a Community Trauma: Tips for Educators / En Español](#)
- [Talking to Children: When Scary Things Happen / En Español](#)
- [Talking to Teens about Violence / En Español](#)
- [Tips for Talking to Students about Violence](#)
- [Coping After Mass Violence: For Adults](#)
- [For Teens: Coping After Mass Violence / \(En Español\)](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers / \(En Español\)](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers / En Español](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers / En Español](#)
- [Guiding Adults in Talking to Children about Death and Attending Services](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Once I Was Very Very Scared:](#) children's book for young children
- [After the Injury:](#) website for families with injured children
- [Health Care Toolbox:](#) website for pediatric health providers working with injured children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing / En Español:](#) for responders

(click on the links to access info)

From the National Mass Violence and Victimization Resource Center:

- [Transcend](#): mobile app to assist with recovery after mass violence
- [Rebuild your Community: Resources for Community Leaders](#)
- [Media Guidelines for Homicide Family Survivors](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [E-learning Courses: Trainings for Clinicians](#)
- [Resources for Victim Assistance Professionals](#)

Psychological First Aid

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA) ([En Español](#)). PFA is an early intervention to support children, adolescents, adults, & families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card](#) ([En Español](#)) provide a quick reminder of the core actions. The [PFA online training](#) course is also available on the NCTSN Learning Center.

Additional PFA resources for schools include:

- [Psychological First Aid for Schools](#) (PFA-S): Field operations guide
- [Providing PFA-S: For Health-Related Professionals](#): handout
- [Providing PFA-S: For Principals and Administrators](#): handout
- [Providing PFA-S: For School Support Staff](#): handout
- [Providing PFA-S: For Teachers](#): handout



From the Center for the Study of Traumatic Stress at the Uniformed Services University:

- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)
- [Coping with Stress Following a Mass Shooting](#)

Disaster Helpline

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

Contact us for more resources and books in our library.

Thank you to YS Consultants in NYS and special thanks to Joanna Goldfarb from RCLS for sharing these resources with us.

