

9th National Town Hall on Mass Violence

“Trauma Across the Lifespan of Mass Violence Survivors & Impacted Communities”

RESOURCES

What is Trauma?

“Individual trauma is an event or circumstance resulting in: physical harm, emotional harm, and/or life-threatening harm that has lasting adverse effects on the individual’s mental health, physical health, emotional health, social well-being and/or spiritual well-being.” (SAMHSA, 2022)

“Trauma does not occur in a vacuum. Individual trauma occurs in the context of community, whether the community is defined geographically as in neighborhoods; virtually as in a shared identity, ethnicity, or experience; or organizationally, as in a place of work, learning, or worship. How a community responds to individual trauma sets the foundation for the impact of the traumatic event, experience, and effect.” (SAMHSA, 2014 p.17)

SAMHSA. (2022). <https://www.samhsa.gov/trauma-violence>

SAMHSA. (2014, July). [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

National Mass Violence Center (NMVC) Resources & Tip Sheets

- [The Transcend-NMVC Self-help Mobile App for Survivors](#)
- [How to Identify an Experienced Trauma-Focused Therapist](#)
- [Managing Distress: Grounding Tips for Crime Victims, Survivors and Family Members of Mass Violence Incidents](#)
- [Resilience Following Hate Crimes: Information & Tips](#)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Trauma Cues Related to Mass Violence Incidents](#)
- [Trauma-Focused Treatments vs. Trauma-Informed Resiliency](#)
- [Twelve Self-help Tips for Coping in the Aftermath of Mass Violence Incidents](#)

Federal Resources

Centers for Disease Control and Prevention (CDC)

- [Building Trauma-Informed Communities](#)
- [Fast Facts: Preventing Adverse Childhood Experiences](#)
- [Using Trauma-Informed Care to Guide Emergency Preparedness and Response](#)
- [Coping with Stress and Helping Others Cope](#)
- [Community Violence Prevention](#)

U. S. Department of Veterans Affairs

- [Coping with Traumatic Stress Reactions](#)
- [Help for Survivors in the Aftermath of Disasters and Mass Violence](#)
- [What to Expect in the Wake of Mass Violence](#)

National Center for PTSD

- [Common Reactions After Trauma](#)
- [Culturally Responsive PTSD Care 101: The Role of Case Formulation](#)
- [Disaster and Terrorism - PTSD](#)
- [Helping Children Cope with Emergencies](#)
- [The Effects of Disaster on People with Severe Mental Illness](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- 988 Suicide (call or chat) & [Crisis Lifeline](#)
- National Helpline, [1-800-662-HELP](#) (4357) free, confidential, 24/7, 365-day-a-year treatment referral and information service (English & Spanish)
- [Tips For Survivors: Coping With Grief After a Disaster or Traumatic Event](#)
- [Tips For Young Adults: Coping with Mass Violence](#)

National Organizations and Resources

National Child Traumatic Stress Network

- [College Students: Coping after the Recent Shooting](#)
- [Fast Facts: Preventing Adverse Childhood Experiences](#)
- [Talking to Children About Hate Crimes and Anti-Semitism](#)
- [Being Anti-Racist is Central to Trauma-Informed Care](#)
- [Psychological First Aid \(PFA\) Field Operations Guide 2nd Ed.](#)
- [When Terrible Things Happen - What You May Experience \(PFA\)](#)

Mental Health America

- [Racism and Mental Health](#)
- [Racial Trauma](#)
- [Culturally Based Practices](#)
- [Overview of Mental Health Issues in Arab/Middle Eastern/Muslim South Asian Communities](#)
- [IPOC Mental Health 2020 Toolkit Impact of Trauma](#) – information about historical trauma
- [Mental Health Disparities American Indians and Alaska Natives](#)

International Society of Traumatic Stress Studies

- [tip sheets](#) for mental health professionals, individuals, parents, and caregivers

American Hospital Association

- [Road to Resilience: Recovery and Resiliency, Building Community](#)

VOICES Center for Resilience

- [Mass Violence Tip Sheets](#)

National Association of School Psychologists

- [Talking to Children about Violence: Tips for Families and Educators](#)