

York, Pennsylvania

February 24, 2024

Following the tragic shooting at UPMC Memorial Hospital where one person was murdered and five people were physically injured, the National Mass Violence Center offers the resources below that may provide some guidance for the community in the coming days and months.

Resources for Victims, Survivors, and Community Members

- The NMVC free self-help app, Transcend NMVC, is available free on [Apple](#) and [Android](#)
- Twelve Self-Help Tips for Coping in the Aftermath of Mass Violence Incidents | [Read here](#)
- Coping with Grief After a Disaster or Traumatic Event via SAMHSA | [Read here](#)
- Tips for Survivors of a Disaster or Other Traumatic Event: Managing Distress via SAMHSA | [Read here in English](#) | [Read here in Spanish](#)
- Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Teachers and Caregivers via SAMHSA | [Read here in English](#) | [Read here in Spanish](#)
- Talking to Children About Violence: Tips for Families and Educators, via NASP | [English](#) | [Spanish](#)
- Parent Guidelines for Helping Youth After the Recent Mass Shooting via NCTSN | [Read here in English](#) | [Read here in Spanish](#)
- Managing Distress: Grounding Tips for Crime Victims, Survivors, and Family Members | [Read here](#)
- How to Identify an Experienced Trauma-Focused Therapist | [Read here](#)
- Disaster Distress Helpline | Call or Text: 1-800-985-5990 | **Español:** Llama o envía un mensaje de texto 1-800-985-5990 presiona “2.”
- Suicide & Crisis Lifeline | Call or Text 988 | Chat 988lifeline.org | Línea de Prevención del Suicidio y Crisis 988
- Victim Connect Resource Center, National Center for Victims of Crime | 855-484-2846 | [Chat Online](#)

Resources for Community Leaders

- Timeline of Activities to Promote Mental Health Recovery: Recommendations Before, During, and Following a Mass Violence Incident | [Read here](#)
- Tips for Community Leaders: Rebuilding Your Community | [Resources here](#)
- Navigating Community Resources in Times of Crisis | [Read here](#)
- Unexpected Challenges for Communities during the Immediate Response of a Mass Violence Incident | [Read here](#)
- Psychological First Aid: An Early Intervention to Support Individuals Impacted by Disaster and Large Scale Events via NCTSN | [Manual](#) and [Online Course](#)
- National Compassion Fund | <https://nationalcompassionfund.org>

Pennsylvania Resources for Crime Victims and Survivors

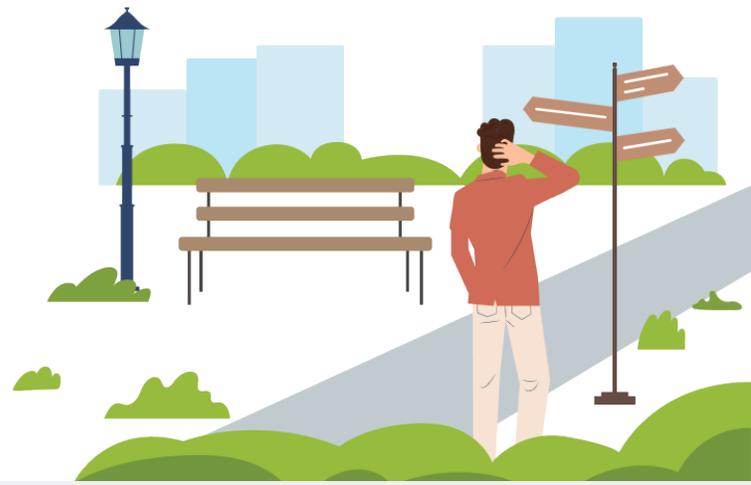
- Pennsylvania’s Victims Compensation Assistance Program | [Resources here](#) | Call directly (800) 233-2339



Virtual Resiliency Center

massviolence.help

Provides resources to help individuals and communities recover from mass violence.



- Bridges the gap between a mass violence incident and establishment of a physical resiliency center.
- Videos of survivors and victim service experts sharing their insights and experiences.
- Opportunity for communities to have a dedicated page on the site for local information.
- Evidence-based resources and methods proven to help the recovery process.

WHAT TOPICS ARE COVERED?



Victim & Social Services

Provides information about rights and services for mass violence victims and survivors.



Social Connection & Empowerment

Explains the effects of trauma on confidence & relationships and the benefits of social and peer support.



Health & Wellness

Discusses essential skills and strategies to prioritize self-care and wellness for recovery from trauma.



Managing Grief & Trauma

Aids in understanding trauma reactions and ways (good and bad) they might be managed.

massviolence.help



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NMVC

National Mass Violence Center
Providing Resources to Victims,
Survivors, & Those Who Serve Them



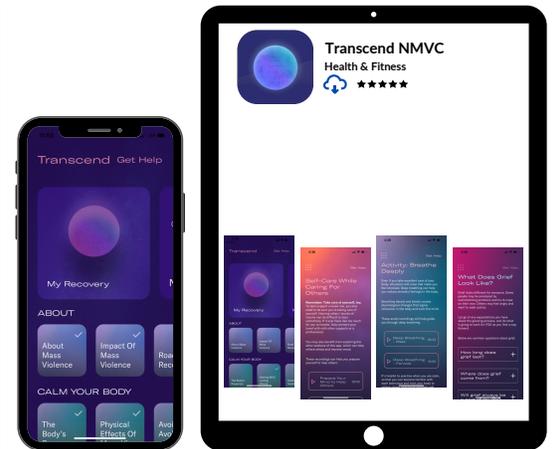
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TRANSCEND NMVC APP

We developed this FREE app to help those who have been affected by mass violence. It was designed to help reduce the risk of developing problems and enhance recovery if you are already experiencing problems.



HOW CAN I FIND THE APP?

From a smart phone or tablet, download the Transcend app from the Google Play Store or Apple Store.



HOW DO I GET STARTED?

Once you create your account, you can get started in one of two ways:

- The "Personalized Recovery Plan" option: If you select this option, you will be asked to complete a brief assessment. Once completed the app generates a recovery plan that addresses your specific needs.
- The "Explore on Your Own" option: You can choose to navigate the app on your own. If you opt out of the assessment, you will go to the main dashboard to explore what's most interesting to you.

THE TRANSCEND NMVC APP:

- Provides information about common reactions to mass violence, crime, and other highly stressful events
- Guides you through state-of-the-art help strategies to reduce the risk of stress-related behavioral health problems and promote recovery if you already have problems
- Connects you with access to victim/survivor services, financial, legal, and mental health resources

WHAT ARE SOME TOPICS COVERED?

CALM YOUR BODY

Highlights the impact of mass violence on your body and provides ways to promote relaxation, sleep, and physical well-being.

EASE YOUR MIND

Explains how mass violence can affect the way you think and strategies to ease your stressed mind.

COPE WITH LOSS

Provides coping strategies and activities to help those who are grieving a loss.

HELP OTHERS

Provides information and strategies about how to help survivors of mass violence.



<http://nmvvc.org>