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## Minneapolis, Minnesota

August 27, 2025

Mass violence occurring in schools or involving child and/or adolescent victims can be especially difficult for communities. Following the tragic mass shooting at Annunciation Catholic School where two children were murdered and 17 physically injured, the National Mass Violence Center offers the resources below which may provide guidance for the community in the coming days and months.

### Resources for Educators

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- Self-Care Strategies for Teachers & Providers, via NCTSN | [Read here](#)
- Helping Youth After Community Trauma: Tips for Educators, via NCTSN | [English](#) | [Spanish](#)
- Psychological Impact of the Recent Shooting (for teachers and parents), via NCTSN | [Read here](#)

### Resources for Parents, Caregivers and Teens

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- Assisting Parents/Caregivers in Coping with Collective Traumas, via NCTSN | [Read here](#)
- Parent Guidelines for Helping Youth After the Recent Mass Shooting, via NCTSN | [English](#) | [Spanish](#)
- Helping Teens With Traumatic Grief – Tips for Caregivers, via NCTSN | [English](#) | [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 | [English](#) | [Spanish](#)
- For Teens: Coping After Mass Violence, via NCTSN | [English](#) | [Spanish](#)
- Talking to Children About Violence: Tips for Families and Educators, via NASP | [Read here](#)

### Resources for Victims, Survivors, and Community Members

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- 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 | [English](#) | [Spanish](#)
- Parent Guidelines for Helping Youth After the Recent Mass Shooting via NCTSN | [English](#) | [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
- National Center for Victims of Crime, Victim Connect Resource Center | 855-484-2846 | [Chat Online](#)

### Minnesota Resources for Crime Victims and Survivors

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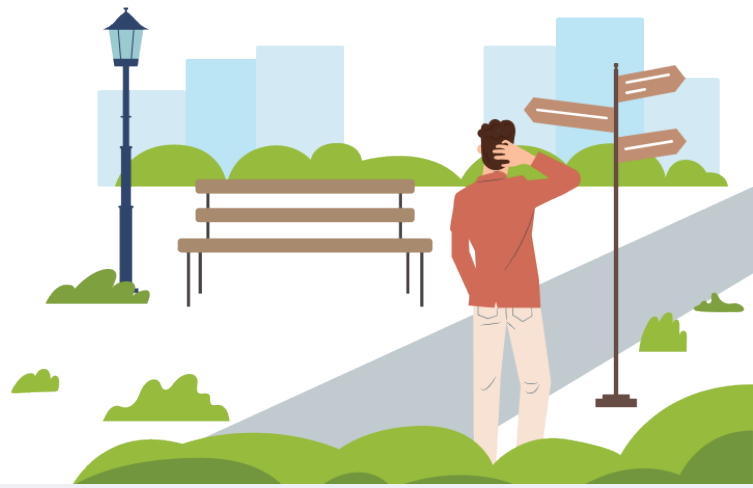
- Minnesota Crime Victims Reimbursement Program | [Resources here](#)



# Virtual Resiliency Center

[massviolence.help](https://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](https://massviolence.help)



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



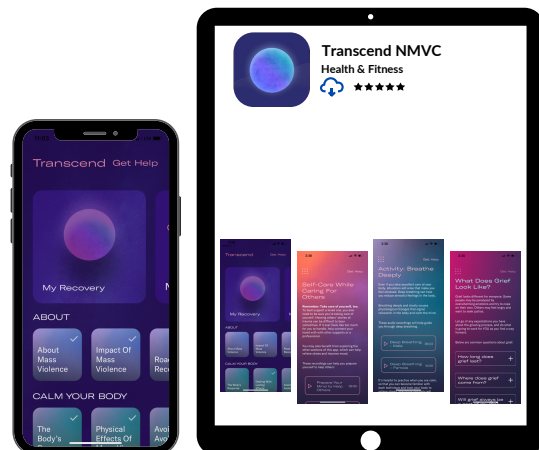
# NMVC

National Mass Violence Center

Providing Resources to Victims,  
Survivors, & Those Who Serve Them

## 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>

# Survivor-to-Survivor Tips for Recovery and Resiliency

“Being impacted by a mass violence incident can leave a wound that is hard to describe, a sense of searching for something, and challenge the way you feel about yourself and the world.” ~Amy O’Neill



## Emotional Honesty & Self-Compassion

- **Put Yourself First** - Don't hide or feel the need to protect others from your pain. Your individual experience matters. People (including family) may say the wrong things because they don't understand; try not to personalize it but acknowledge how it makes you feel.
- **Let Go of “What Ifs”** - Feeling helpless can lead to unanswerable questions and unhelpful thoughts: “*I should have...I could have...Why didn't I...?*” Be kind to yourself.
- **Survivor’s Guilt Won’t Help You Heal** - It only takes more from you. Don't shame/blame yourself for not having lost more or for needing acknowledgment of your experience.
- **Self-Compassion Heals** - Treat yourself with the same kindness you would offer another.
- **It takes time to understand** what you are thinking and feeling and feelings may change - be patient with yourself



## Trauma Awareness & Personal Healing

- **Acknowledge All Injuries** - Trauma affects both body and mind. There is no right or wrong way to suffer, and both forms of impact are equally important to acknowledge.
- **Avoid comparing your experience to others and judging yourself.** You are not to blame for what happened to you. Self-compassion is essential.
- **Past Traumas May Resurface** - Personal histories matter, and previous traumas may be reawakened, complicating your healing.
- **Understanding Your Emotions Takes Time and Effort.** Talk to others who understand this kind of trauma. Therapists, survivors, and/or support groups can help you navigate this complex journey.



## Connection & Support

- **Social Support is essential** - Who can you talk to? Who can you trust with your feelings? Find someone, even if it is a professional.
- **Peer Support Can Be Helpful** - Survivors overwhelmingly endorse peer support because:
  - » It eases the loneliness of survival; connecting with others can be life-changing.
  - » It provides a safe space to share your story. Seeing how others cope can offer you guidance.
  - » It reminds us that there is *HOPE*.



## Growth, Meaning, & Moving Forward

- **Recovery Isn’t Always “Bouncing Back”** - Growth happens by working through the pain, not by avoiding it.
- **Find What Heals You** - Yoga, meditation, journaling, running, crafting, singing, faith—any activity that brings you peace can be helpful or therapeutic. There is no “wrong door.”
- **Honor Those You’ve Lost** - Share their stories; they must be told.
- **Trauma Can Be Transformational** - The journey is full of fear, sadness, anger, and loss; but over time, healing happens, and there is a way to make meaning from it all.
- **It’s Okay to Be Okay** - If you reach a place where you don't need help, that's okay, too.
- **No Matter What, Keep Going** - Never quit, never give up.

Amy O’Neill, DHSc, LPC, is a survivor of the Boston Marathon Bombing and is dedicated to supporting others on their journey to healing. Through her experience and interactions with victims and survivors, Amy has gained deep insight into the resilience of the human spirit and the diverse ways people heal. Passionate about sharing practical strategies for recovery, she created this tip sheet to offer encouragement and guidance to fellow survivors navigating their paths of resilience to recovery.