



National Town Hall #9

RESOURCES

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

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](#)

The 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](#)
- [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)

- [Fast Facts: Preventing Adverse Childhood Experiences](#)
- [Coping with Stress and Helping Others Cope](#)
- [Community Violence Prevention](#)

U. S. Department of Veterans Affairs

- [Coping with Traumatic Stress Reactions](#)
- [Common Reactions After Trauma](#)
- [Disaster and Terrorism - PTSD](#)
- [Helping Children Cope with Emergencies](#)

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](#)**
- **SAMHSA'S 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 - SAMHSA](#)
- [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](#)
- [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 \(PFA\)](#)

OTHERS

- **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 | Voices Center for Resilience](#)
- **National Association of School Psychologists** [Talking to Children about Violence: Tips for Families and Educators](#)