

Mental Health Resources

For child-centered grief and trauma resources

- The [National School Crisis Center](#) has resources which offer practical tips for supporting youth and opening conversations—for example: [Talking to children about tragedies](#)
- The [National Alliance for Children's Grief \(NACG\)](#) offers [videos](#) and a [FAQ section](#) aimed at understanding grief in children and helping caring adults guide them through loss. Their “[Hero Toolkit](#)” offers activities for talking about grief with children and teens.
- The [National Child Traumatic Stress Network](#) has many resources on grief and trauma, but here are some aimed at helping adults talk to children about violent events and grief:
 - [Tip Sheet on Coping After Mass Violence](#): provides common reactions children and families may be experiencing after a mass violence event and what they can do to take care of themselves.
 - [Guidance for parents for helping youth after mass violence](#): Offers parents guidance on helping their children after a mass violence event. This fact sheet describes common reactions children may have, how parents can help them, and self-care tips after a violent event.
 - [Helping teens with traumatic grief](#): Describes how teens may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.
 - [After a Crisis](#): Offers tips to parents on how to help young children, toddlers, and preschoolers heal after a traumatic event.
 - [Guiding Adults in Talking to Children](#): Provides ways to navigate children’s questions about death, funerals, and memorials. This fact sheet discusses this challenging, but manageable, task and includes sample Q&A to help guide discussions.
 - [Tip Sheet for Teens on Coping after Violence](#)

For mental health crises

- Call 911
- **National Suicide Prevention Lifeline:** [1-800-273-8255](tel:1-800-273-8255)
or suicidepreventionlifeline.org for online emotional support
- The Crisis Text Line connects you to a trained crisis counselor to receive free, 24/7 crisis support via text message: text **NAMI** to **741741**

- **The Disaster Distress Helpline** is a 24/7 national hotline dedicated to providing immediate crisis counseling (more info at [National Institute of Mental Health](#)): Dial [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs** to **66746** to connect with a trained crisis counselor

For families or troops seeking mental health care services

- [National Alliance for Children's Grief \(NACG\)](#) links to [local support groups](#) and professionals
- [SAMHSA's Helpline: 1-800-662-HELP](#) (4357)

[Mental Health America \(MHA\)](#) links to affiliates across the country and offers resources for finding treatment