



Resources in Response to the UNC-Chapel Hill Shooting

The recent shooting at the University of North Carolina at Chapel Hill has evoked a range of emotions across affected families and communities. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [College Students: Coping After the Recent Shooting](#)
- [Helping Youth after Community Trauma: Tips for Educators \(En Español\)](#)
- [Parent Guidelines for Helping Youth After the Recent Shooting](#)
- [Talking to Children about the Shooting](#)
- [Psychological Impact of the Recent Shooting](#)
- [After a Crisis: Helping Young Children Heal \(En Español\)](#)
- [Age-Related Reactions to a Traumatic Event \(En Español\)](#)
- [Talking to Teens When Violence Happens \(En Español\)](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Once I Was Very Very Scared](#) – children’s book for young children
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\) \(for responders\)](#)

Psychological First Aid

The NCTSN also has resources for responders on [Psychological First Aid \(PFA; En Español\)](#). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card \(En Español\)](#) provide a quick reminder of the core actions. The [PFA online training](#) course is also available on the NCTSN Learning Center. PFA Handouts include:

[Parent Tips for Helping Infants and Toddlers \(En Español\)](#)

- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Parent Tips for Helping Adolescents \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)

From the National Mass Violence and Victimization Resource Center and the Center for the Study of Traumatic Stress at the Uniformed Services University

- [Transcend](#) (mobile app to assist with recovery after mass violence)
- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)

Disaster Helpline

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

Additional Resources

For those that are needing technical assistance or additional resources, please don't hesitate to contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.