

Resources for the 2025 Antioch High School Shooting, TN
from the SAMHSA Center for Mental Health Services
Division of Trauma and Disaster Behavioral Health

General Disaster Response and Recovery Information

- ***Tips for Survivors: Coping With Anger After a Disaster or Other Traumatic Event***—Developed by SAMHSA, this tip sheet intends to aid survivors in coping with bouts of anger that may follow disasters or traumatic events. The tip sheet describes the physical changes that may indicate anger and provides guidance for coping and integrating positive habits into your life, as well as resources for additional support.
<https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002>
- **The Impact of Disaster and Mass Violence Events on Mental Health**—Intended for mental health and substance use disorder treatment professionals, this online article from the National Center for Posttraumatic Stress Disorder (PTSD) summarizes research on common reactions to disasters. The article identifies common reactions in disaster-affected communities and describes how reactions increase and decrease in communities over time. It also highlights risk factors for longer-term reactions.
https://www.ptsd.va.gov/professional/treat/type/violence_trauma_effects.asp
- **Online Clinical Trainings**—Provided by the National Mass Violence Center, this web page includes descriptions and links to trainings focused on treatments for trauma and PTSD in children and adults. Treatments for which trainings are provided include trauma-focused cognitive behavioral therapy, cognitive processing therapy, and behavioral activation and therapeutic exposure.
<https://www.nmvrc.org/vsps-clinicians/online-clinical-trainings>
- ***PFA: When Terrible Things Happen – What You May Experience***—Also part of the *Psychological First Aid (PFA) Field Operations Guide*, this handout identifies common reactions to disasters and other extremely adverse events and suggests a wide range of steps people can take to improve well-being and enhance resilience.
<https://www.nctsn.org/resources/pfa-when-terrible-things-happen>

Resources Related to Violent Incidents

- ***Behavioral Health Best Practice Resources for Addressing Trauma and Violence***—Curated by SAMHSA, this collection features resources to help with coping with trauma, mass violence, hate crimes, and other forms of violence. Sections feature resources for and about children, adolescents, and young adults; parents and caregivers; and schools.
<https://store.samhsa.gov/product/behavioral-health-best-practice-resources-for-addressing-trauma-and-violence/pep24-01-032>
- ***Tips for Survivors: Coping with Grief After Community Violence***—Developed as part of a federal effort focused on addressing the impacts of violence and trauma, this SAMHSA tip sheet explains how community violence and mass violence may affect

people in communities where such violence occurs, delves into grief reactions, and identifies sources of support for survivors. One section focuses on children's grief reactions and how adults can help them cope.

<https://store.samhsa.gov/product/tips-for-survivors-coping-with-grief-after-community-violence/pep24-01-028>

- ***Tips for Young Adults: Coping With Mass Violence***—In this tip sheet, SAMHSA DTAC explains how incidents of mass violence may affect young adults (people ages 18 to 26). The tip sheet highlights common reactions to mass violence, coping tips, and resources for disaster behavioral health support.
<https://store.samhsa.gov/product/tips-young-adults-coping-mass-violence/pep22-01-01-006>
- ***Implementing a Community Resiliency Center After a Mass Violence Incident***—This tip sheet explains the concept of a Community Resiliency Center (CRC) and its importance in servicing victims and survivors following incidents of mass violence. The tip sheet further provides advice to disaster planners on how to create and manage a CRC effectively.
https://www.ovcttac.gov/downloads/massviolence/Mass-Violence-Community-Resilience-Center_508c_03282023_JA.pdf

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- **Children and Adolescents**—Two sections of the SAMHSA Disaster Behavioral Health Information Series (DBHIS) resource collection focus on the common responses and needs children and adolescents may have during and after disasters. These sections include resources that highlight the unique needs of children and adolescents in and after disasters, as well as how adults who work with children, and parents and other caregivers, can offer support to children and adolescents in coping. Following are SAMHSA DBHIS sections related to children and adolescents:
 - Resources intended for children and youth: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=audience%3A20195>
 - Resources about children and youth and disasters: <https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=populations%3A20155>
- **Children and Disasters**—Part of the Survivors of Disasters Resource Portal (<https://www.samhsa.gov/dtac/disaster-survivors>) at the SAMHSA Disaster Technical Assistance Center website, this web page describes how children and teenagers may experience disasters differently from adults, offers tips for disaster planning for families, identifies common reactions to disasters in children and teenagers, and provides suggestions for adults for helping children and teenagers cope after disaster. Links to related resources are also provided.
<https://www.samhsa.gov/dtac/disaster-survivors/children-and-disaster>

- **Understanding Child Trauma**—This web page from SAMHSA presents statistics on child trauma, which may be experienced as part of a natural or human-caused disaster, and lists signs of traumatic stress in children and youth. It also offers tips for parents and other caregivers for helping children and youth to cope with trauma. Links are also provided to downloadable infographics in English and Spanish provided by the SAMHSA National Child Traumatic Stress Initiative.

<https://www.samhsa.gov/mental-health/trauma-violence/child-trauma>

- ***Coping After Mass Violence***—Written for parents and families, this NCTSN tip sheet provides information about common reactions to mass violence and self-care tips for those living in communities where an incident of mass violence has taken place. The tip sheet also includes external resources for individuals seeking further support.

<https://www.nctsn.org/resources/coping-after-mass-violence>

The information in this tip sheet is also available in a video in American Sign Language:

<https://www.nctsn.org/resources/coping-after-mass-violence-asl>.

- ***Creating Supportive Environments When Scary Things Happen***—This fact sheet explains how parents and other caregivers can create home environments that offer children and adolescents the stability and reliability they need to cope effectively with adversity, including disaster. The fact sheet zeroes in on routines, rhythm, and ritual as ways to foster security and resilience.

<https://www.nctsn.org/resources/creating-supportive-environments-when-scary-things-happen>

This fact sheet is available in Spanish at <https://www.nctsn.org/resources/creating-supportive-environments-when-scary-things-happen-sp>.

- ***For Teens: Coping After Mass Violence***—Written for teens, this NCSTN fact sheet shares insight into common reactions to mass violence. In addition, the fact sheet provides tips for teens to cope and care for themselves, as well as connect with others after mass violence occurs.

<https://www.nctsn.org/resources/for-teens-coping-after-mass-violence>

This fact sheet is available in Spanish at <https://www.nctsn.org/resources/for-teens-coping-after-mass-violence-sp>. The information in the fact sheet is also provided in a video in American Sign Language: <https://www.nctsn.org/resources/for-teens-coping-after-mass-violence-asl>.

- ***Parent Guidelines for Helping Youth after the Recent Shooting***—In this 3-page tip sheet released shortly after a shooting, NCTSN describes how such an event may affect children and teens as well as parents and other caregivers. The tip sheet lists reactions common among people of all ages, offers coping tips for caregivers, and suggests ways for caregivers to support children and youth in talking about and managing their reactions.

<https://www.nctsn.org/resources/parent-guidelines-helping-youth-after-recent-shooting>

This resource is available in Spanish at <https://www.nctsn.org/resources/guia-para-los-padres-para-ayudar-los-jovenes-despues-de-un-tiroteo-reciente>. The information in the resource is also available in a video in American Sign Language at <https://www.nctsn.org/resources/talking-children-about-shooting-asl>.

- ***Psychological Impact of the Recent Shooting***—This document from NCTSN lists reactions people may have to a shooting and related experiences (such as loss of loved ones and disruption of routines). It describes grief reactions, depression, and physical reactions, and it highlights ways to cope effectively with reactions to a shooting. <https://www.nctsn.org/resources/psychological-impact-recent-shooting>
- ***Talking to Children about the Shooting***—In this tip sheet, NCTSN provides suggestions to parents and other caregivers for talking with their children in ways that help them to make sense of and cope with their reactions to a shooting. The tip sheet also identifies reactions common in children and teens to shooting incidents. <https://www.nctsn.org/resources/talking-children-about-shooting>
- ***Talking to Teens When Violence Happens***—While this tip sheet focuses on the impacts of mass violence events on parents and teenagers, it offers information and suggestions applicable to other types of violence, including war. The tip sheet encourages parents and guardians to begin by understanding their own feelings and reactions and then offers several ways to communicate effectively with teenagers and help teenagers cope with their reactions. <https://www.nctsn.org/resources/talking-to-teens-when-violence-happens>

This tip sheet is available in Spanish at <https://www.nctsn.org/resources/talking-to-teens-when-violence-happens-sp>.

- ***Tips for Parents on Media Coverage of a Shooting***—In this tip sheet, NCTSN explains the effects that media coverage of a violent incident may have on children and teens and suggests ways for parents and other caregivers to help children and teens manage reactions to media coverage and the violent event. The tip sheet also includes tips for families with involvement in a violent incident. <https://www.nctsn.org/resources/tips-parents-media-coverage-shooting>
- ***Tip Sheet for Youth Talking to Journalists After Mass Violence***—This NCTSN tip sheet describes how talking with journalists may affect youth who have survived an incident of mass violence. It lists the rights that youth and families have (for example, they have the right to ask what the interview questions will be in advance of agreeing to an interview). It also identifies signs that reporters are doing their job well, so that readers know what to expect. <https://www.nctsn.org/resources/tip-sheet-youth-talking-journalists-after-mass-violence>

Resources for Disaster Responders and First Responders

- ***A Guide to Managing Stress for Disaster Responders and First Responders***—This SAMHSA guide is designed for first responders, public health workers, construction

workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response.

<https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003>

- **SAMHSA Behavioral Health Disaster Response App**—The SAMHSA Disaster App is a free tool for first responders and disaster response and recovery workers. It provides geographically specific information about mental health and substance use services to support individual and community referrals (through FindTreatment.gov). The tool also provides resources for first responders and disaster response and recovery workers to support their pre-deployment preparation, on-the-ground assistance, and post-deployment demobilization. The app is available for download on [Apple](#) and [Android](#) devices.
<https://store.samhsa.gov/product/samhsa-disaster-mobile-app/pep13-dkapp-1>
- **Responder Safety and Health**—In this topical resource collection, the Administration for Strategic Preparedness and Response (ASPR) provides a wealth of items for health care, public health, and emergency management professionals pertaining to safety, including mental health-related safety for responders. Part of the ASPR Technical Resources, Assistance Center, and Information Exchange resource, the collection features three sections about responder behavioral health and resilience.
<https://asprtracie.hhs.gov/technical-resources/72/responder-safety-and-health/0>
- **Psychological First Aid Online**—NCTSN offers this online course to train new disaster responders in PFA, as well as to provide a refresher training for responders who want to review this approach to disaster response. The course describes the core actions of PFA and how they can be applied after a disaster, as well as discussing provider well-being.
<https://learn.nctsn.org/course/view.php?id=596>

A version of this course is available in Spanish at

<https://learn.nctsn.org/enrol/index.php?id=539>. Both courses are available free of charge; however, to complete a course, you must create an account at

<https://learn.nctsn.org/login/signup.php>.

Additional Resources for Acute Needs

- **SAMHSA Disaster Distress Helpline**—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1-800-985-5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and more than 100 additional languages. People who are deaf or hard of hearing can text or call the DDH at 1-800-985-5990 using their preferred relay provider.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

This website is available in Spanish at <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>.

[Other DDH information is available in 30 commonly spoken languages.](#)

- **988 Suicide and Crisis Lifeline**—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.
<https://988lifeline.org>

The website is available in Spanish at <https://988lifeline.org/es/home>.

A disaster event such as this is unexpected and often brings out strong emotions. People can call or text the SAMHSA Disaster Distress Helpline's toll-free number **(1-800-985-5990)** and receive immediate counseling. This free, confidential, multilingual crisis support service is available to anyone experiencing distress as a result of a natural or human-caused disaster. People who call and text are connected to trained, caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.

Download the SAMHSA Disaster Mobile App - The *SAMHSA Disaster Mobile App* is a free tool for first responders and disaster response and recovery workers. It provides geographically specific information about mental health and substance use services to support individual and community referrals (through FindTreatment.gov). The tool also provides resources for first responders and disaster response and recovery workers to support their pre-deployment preparation, on-the-ground assistance, and post-deployment demobilization. The app is available for download on [Apple](#) and [Android](#) devices.

<https://store.samhsa.gov/product/samhsa-disaster-mobile-app/pep13-dkapp-1>