

Resources

Raising Awesome Girls support:

- [When Scary News Shakes Her World](#)

Child-centered grief and trauma support:

- The [National School Crisis Center](#) offers practical tips for supporting youth with conversations—for example, [Talking to Children About Tragedies](#).
- The [National Alliance for Children's Grief \(NACG\)](#) offers [videos](#) and an [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](#) supports adults in talking with children about violent events and grief:
- [Helping Teens with Traumatic Grief](#): how teens may feel when struggling with the death of someone close and what caregivers can do to help
- [After a Crisis](#): how parents can help young children, toddlers, and preschoolers heal after a traumatic event
- [Coping After Mass Violence](#): common reactions children and families experience after an event of mass violence and what they can do to take care of themselves
- [Helping Youth After Mass Violence](#): common reactions children have, how parents can help them, and self-care tips after a violent event
- [Guiding Adults in Talking to Children](#): ways to navigate children's questions about death, funerals, and memorials
- [Coping After Violence](#): tips for supporting teens

Mental health crisis support (general):

- Call 911
- National Suicide Prevention Lifeline: 1-800-273-8255 or visit [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) for online emotional support
- The Crisis Text Line connects you to a trained crisis counselor for 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

Mental health care services for families and troops:

- [National Alliance for Children's Grief \(NACG\)](#) links to [local support groups](#) and professionals
- [SAMHSA's Helpline](#): 1-800-662-HELP (4357) free, confidential, 24/7 treatment referral and information in English and Spanish
- [Mental Health America \(MHA\)](#) links to affiliates across the country and offers resources for finding treatment