

Behavioral Health Resources to Support Mass Violence Trauma Recovery



In the wake of the recent mass shooting in Lewiston, Maine, it's vital to remember that recovery and healing take time, compassion, and support. Recognizing that everyone affected by this tragedy will navigate grief and trauma uniquely, the [New England Mental Health Technology Transfer Center](#) is offering specific behavioral health resources to support survivors, their loved ones, as well as the larger community.

For an easy-to-understand overview of the disaster trauma recovery process: [Disaster Behavioral Health: Response and Recovery Considerations](#). **Reaching out for help can be the first step towards hope.**

If you or someone you know is experiencing a mental health crisis:

[988 Suicide & Crisis Lifeline](#): Call or text 988
[Disaster Distress Helpline](#): Call or text 1-800-985-5990

Coping with Disaster-Related Trauma for Adults

- [Managing your distress in the aftermath of a shooting](#) from the [American Psychological Association](#)
- [Coping after Disaster](#) from the [American Psychiatric Association](#)
- From the [American Counseling Association](#)
 - [Post Trauma-Disaster Stress](#)
 - [Disaster and Trauma Effects on Parents](#)
 - [Home Emergency Preparation Kit](#)
 - [Intrusive Memories](#)
- [Alcohol, Medication, and Drug Use After Disaster](#)
- [Coping Tips for Traumatic Events and Disasters](#) from [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#).

Coping with Disaster-Related Trauma for Children

- From the American Psychological Association:
 - [How to talk to children about difficult news](#)
 - [Talking to kids when they need help](#)
 - [Helping your children manage distress in the aftermath of a shooting](#)
- [Restoring a sense of safety in the aftermath of a mass shooting: Tips for parents and professionals](#) from the [National Child Traumatic Stress Network](#)
- [Talking to Children About Violence: Tips for Families and Educators](#) from the [National Association of School Psychologists](#)
- [Disaster and Trauma Responses of Children](#) from the American Counseling Association



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Resources for Clinicians, Organizations, and Government

- [SAMHSA's Disaster Technical Assistance Center \(DTAC\)](#)
- [DTAC's Disaster Response Template Toolkit](#)
- [American Counseling Association](#) Tip Sheets for Clinicians:
 - [Vicarious Trauma](#)
 - [1:1 Crisis Counseling](#)
 - [Debriefing](#)
 - [Grief Reactions over the Life Span](#)
 - [Helping Survivors with Stress Management Skills](#)
 - [Disaster Impact Recovery Model](#)
 - [Terms to Know](#)
 - [Personal and Pre-disposing Factors](#)
- [Disaster Mental Health Counseling: A Guide to Preparing and Responding, Fourth Edition](#), edited by Jane M. Webber and J. Barry Mascari

Resources for Schools

- [National Center for School Crisis and Bereavement](#)
- [Resources to Help Youth Cope after a Mass Shooting](#) from [Youth.gov](#)
- [Mass Shooting/Community Violence Resources](#) from the Colorado Office of School Safety
- [Supporting our Communities through Tragedy](#) from the Northwest MHTTC
- [MHTTC School-Based Resource List](#)

Maine-Specific Behavioral Health Resources

- [Maine CRISIS LINE](#): Call or text: 1-888-568-1112
- [Maine Crisis Services](#)
- [Maine Department of Health and Human Services](#) Office of Behavioral Health
- [NAMI Maine](#)
- [Mental Health Services - Counseling | 211 Maine](#)
- [The Alliance Maine: Statement on Lewiston Shooting and links for resources](#)
- [Maine Adult Peer Support INTENTIONAL WARM LINE](#): 1-866-771-9276
- [Maine NON-EMERGENCY SWEETSER PROMISE LINE](#): 1-800-434-3000 or emailing info@sweetser.org
- TEEN TEXT SUPPORT LINE: 207-515-8398 (Available from NAMI Maine every day from 12 p.m. - 10 p.m. for youth 13 - 24 years old.)
- NAMI Maine's [database of resources across Maine by community](#).

