This list includes tip sheets for talking to your kids about violence, shootings, and fear, and resources to help your family cope after a traumatic event.

Resources
The **National Child Traumatic Stress Network** (NCTSN) provides a wealth of resources, including:

- Coping After Mass Violence and For Teens: Coping After Mass Violence
- Trauma and Your Family
- Talking to Children When Scary Things Happen
- Talking to Teens When Violence Happens
- After a Crisis: How Young Children Heal
- Talking to Children About a Shooting
- I Don’t Know How to Address Worries About My Child’s Safety at School (video)

The **Voices Center for Resilience** (VOICES) provides resources for communities in preparing for and recovering from traumatic events.

- Talking to Children After Tragedy
- Talking to Children After a Traumatic Event

The **National Association of School Psychologists** (NASP) offers a variety of resources, including

- Talking to Children About Violence: Tips for Parents and Teachers

Talking to Kids About Fear and Violence (from MHA - Mental Health America)

AACAP Resource Library on Guns and Violence (from American Academy of Child & Adolescent Psychiatry)

Resources for Helping Youth Cope after a Mass Shooting (from Youth.gov)

When Something Scary Happens and Helping Children with Tragic Events in the News (from PBS Kids)

Getting Help
988 Suicide & Crisis Lifeline: Call, text, or chat 988 to be connected to trained counselors that will listen, provide support, and connect you to resources if necessary.

Clinton-Eaton-Ingham Community Mental Health Authority (CMHA-CEI) provides a comprehensive set of services used to increase access to care, support people in crisis, and provide treatment. Contact CMH at 517-346-8200 or call their 24-hour Crisis Health Services at 517-346-8460.

OK2SAY: Anyone can report tips confidentially on criminal activities or potential harm directed at students, school employees, or schools. Tips can be submitted 24 hours a day, 7 days a week. Visit the website, call 8-555-OK2SAY (855-565-2729), text 652729 (OK2SAY), email OK2SAY@mi.gov, or download the app.

Books
*The Breaking News* by Sarah Lynne Reul
*Something Bad Happened: A Kids’ Guide to Coping with Events in the News* by Dawn Huebner, PhD
*What to Do When the News Scares You* by Jacqueline B. Toner, PhD