



Talking About Violence & Fear

Resources for Families

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