

Resources for the New Orleans Mass Violence Event

from the SAMHSA Center for Mental Health Services
Division of Trauma and Disaster Behavioral Health

The following list of materials includes those focused on general behavioral health needs after a mass violence/terrorism event, as well as separate sections listing materials related to youth young adults and first responders.

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>
- ***Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event***—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support.
<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>
- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of a disaster or trauma. It identifies common reactions to disasters and other traumatic events, lists tips to manage and lower stress, and highlights signs of the need for professional support.
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>

This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>.

- **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

Mass Violence/Terrorism-specific Information

- ***Tips for Survivors: Coping With Grief After Community Violence***—This SAMHSA tip sheet identifies signs of grief and anger after community violence, provides useful

information on how to cope with grief, and offers tips for helping children with coping.
<https://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888>

- ***Survivors and Witnesses After Traumatic Events***—A product of VOICES, this tip sheet for the public provides basic information about common effects of exposure to acts of violence, civil unrest, or terrorism. It identifies steps disaster-affected individuals can take in the immediate aftermath of crisis, common disaster reactions, and tips for coping and asking for help.
<https://voicescenter.org/tip-sheets/trauma/survivors>
- ***Unexpected Challenges for Communities in the Aftermath of a Mass Violence Incident***—This tip sheet from NMVC lists some unexpected issues a community may encounter after experiencing a mass violence incident. The document also provides suggested solutions for managing these challenges and prioritizing a community’s safety and recovery.
<http://nmvrc.org/media/301cm3if/tipsheet2.pdf>
- **We Regret To Inform You**—Developed by the Federal Bureau of Investigation and Penn State, this self-guided, freely available online course prepares participants to deliver death notifications to family members and other loved ones. Designed for law enforcement officers, victim advocates, hospital personnel, and others who may need to deliver death notifications, the course offers a four-step process, including planning, preparing, delivering, and following up.
<https://www.deathnotification.psu.edu>

Resources for College Students and Young Adults

- ***Tips for Young Adults: Coping With Mass Violence***—In this tip sheet, the SAMHSA Disaster Technical Assistance Center discusses ages 18 to 26 as a phase of development and explains how incidents of mass violence may affect people within this phase. The tip sheet highlights common reactions to mass violence, tips for coping, and resources for disaster behavioral health support.
<https://store.samhsa.gov/product/tips-young-adults-coping-mass-violence/pep22-01-01-006>

Resources for Disaster Responders and First Responders

- **First Responders and Disaster Responders Resource Portal**—This part of the SAMHSA DTAC website notes the stressors that may be involved in work as a responder, identifies signs of stress, and offers coping tips. The page features links to tip sheets, online trainings, and other resources related to responder mental health and freedom from substance use issues and conditions.
<https://www.samhsa.gov/dtac/disaster-responders>
- ***First Responders and Recovery Workers: Responding to a Traumatic Event***—In this tip sheet, the nonprofit organization Voices Center for Resilience provides an overview of impacts that responding to acts of violence, civil unrest, or terrorism can have on responders. The tip sheet lists steps leaders can take in support of the mental health of their teams, tips for workload and stress management, and suggestions for trainings for

responders to complete in support of their mental health during disaster response.

<https://voicescenter.org/tip-sheets/trauma/responders>

- **Mass Violence**—Developed by the Administration for Strategic Preparedness and Response Technical Resources, Assistance Center, and Information Exchange team, this resource collection is designed to help emergency managers, public health professionals, and other responders support communities affected by an incident of mass violence. The resource collection features topical collections, newsletters, and other materials about community response, family assistance, emergency medical considerations, and responder safety and health.

<https://asprtracie.hhs.gov/mass-violence>

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>