

Mass Violence Resources

Mass Shootings – Society of Counseling Psychology

<https://www.div17.org/resources/mass-shootings-resources/>

- This site provides a list of resources to aid, restore, and strengthen your resilience to cope with mass shootings.

Managing feelings of distress in the aftermath of a shooting can be challenging. According to the [American Psychological Association](#), “you may be struggling to understand how a shooting could occur and why such a terrible thing would happen. There may never be satisfactory answers to these questions.” “

“Meanwhile, you may wonder how to go on living your daily life. You can strengthen your resilience — the ability to adapt well in the face of adversity — in the days and weeks ahead.”

Helping Patients Cope with a traumatic event

CDC

https://www.cdc.gov/masstrauma/factsheets/professionals/coping_professional.pdf

Coping with a Disaster or Traumatic Event

CDC

<https://emergency.cdc.gov/coping/index.asp>

Coping with Traumatic Events -

National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

Thanks to Mental Health America of Wisconsin for sharing these resources.

Additional resources are on the Milwaukee Mental Health Task Force website from our September meeting:

<http://www.milwaukeeemhtf.org/2019/09/16/9-10-19-meeting-materials/>