

# INCIDENTS OF MASS VIOLENCE DISASTER DISTRESS HELPLINE

## AND BEHAVIORAL HEALTH RESOURCES

Call 24/7 **EMPACT Crisis Line (480.784.1500)** for immediate and long-term support following the shootings in Orlando on 6.12.16.

### OTHER DISASTER-RELATED RESOURCES:

- @Distressline **1-800-985-5990 / text "TalkWithUs" to 66746** - 24/7 emotional support for anyone in distress after shootings in #Orlando; <http://1.usa.gov/1FoyCwz> #Orlando
- SAMHSA: Tips for Talking With and Helping Children and Youth Cope after a Disaster or Traumatic Event: <http://1.usa.gov/1D8mkrW>
- Common Sense Media Explaining the News to Our Kids: <http://bit.ly/1rkqho2>
- Resources for behavioral health providers, others supporting those impacted by terrorism: <http://1.usa.gov/1XQ6cLb>
- The National Child Traumatic Stress Network (NCTSN) compilation of resources for parents, caregivers, and educators regarding terrorism: <http://bit.ly/1OjMXpG>
- American Psychological Association (APA) - Managing your distress in the aftermath of a shooting: <http://bit.ly/1dO88P8>

The Disaster Distress Helpline (DDH) is a program of the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) which provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster. Calls and texts are answered by a network of independently-operated crisis centers around the country, who provide psychological first aid, emotional support, crisis assessment and intervention, and referrals to local/state behavioral health services for follow-up care and support.

Common Sense Media is a national organization led by concerned parents and individuals with experience in child advocacy, public policy, education, media, and entertainment.