**After a Shooting**

***Specific Resources***

* Managing Your Distress in the Aftermath of a Shooting

<http://www.apa.org/helpcenter/mass-shooting.aspx>

American Psychological Association

* Helping Your Child Manage Distress in the Aftermath of a Shooting

<http://www.apa.org/helpcenter/aftermath.aspx>

American Psychological Association

* Resources in Response to the Recent Shooting

<http://www.nctsn.org/nctsn_assets/ebulletin/NCTSN_eBulletin_2012_08.html>

National Child Traumatic Stress Network

***General Resources***

* Managing traumatic stress: Tips for recovering from disaster and other traumatic events

<http://www.apa.org/helpcenter/recovering-disasters.aspx>

American Psychological Association

* Building Your Resilience

<http://www.apapracticecentral.org/outreach/building-resilience.aspx>

American Psychological Association

* Taking Care of Your Emotional Health After a Disaster

<http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240142_EmotionalHealth.pdf>

American Red Cross

* Recovering Emotionally

<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally>

American Red Cross

* Helping Children Cope with Disaster

<http://www.fema.gov/pdf/library/children.pdf>

            American Red Cross/US Federal Emergency Management Agency

* Disaster Distress Helpline

24/7 phone and text hotline counseling support

<http://disasterdistress.samhsa.gov/about.aspx>

Substance Abuse Mental Health Services Administration