



Resources in Response to the Fargo North Dakota Shooting

The recent shooting in Fargo North Dakota has evoked a range of emotions across affected families and communities. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing in the media, acknowledge their feelings, and find ways to cope together. These resources include:

- [Coping After Mass Violence](#)
- [For Teens: Coping After Mass Violence \(En Español\)](#)
- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Talking to Children about Mass Violence](#)
- [Psychological Impact of Mass Violence](#)
- [After a Crisis: Helping Young Children Heal \(En Español\)](#)
- [Age-Related Reactions to a Traumatic Event \(En Español\)](#)
- [Talking to Children: When Scary Things Happen \(En Español\)](#)
- [Creating Supportive Environments: When Scary Things Happen \(En Español\)](#)
- [Talking to Teens When Violence Happens \(En Español\)](#)
- [Helping Youth After a Community Trauma: Tips for Educators \(En Español\)](#)
- [Once I Was Very Very Scared \(En Español\)](#) – children’s book for young children
- [Talking to Children about Islamophobia and Hate-Based Violence](#)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing \(En Español\) \(for responders\)](#)

Psychological First Aid

The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA; [En Español](#)). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. [PFA Mobile](#) and the [PFA Wallet Card \(En Español\)](#) provide a quick reminder of the core actions. The [PFA online training \(En Español\)](#) course is also available on the NCTSN Learning Center. PFA Handouts include:

- [Parent Tips for Helping Infants and Toddlers \(En Español\)](#)
- [Parent Tips for Helping Preschoolers \(En Español\)](#)
- [Parent Tips for Helping School-Age Children \(En Español\)](#)
- [Parent Tips for Helping Adolescents \(En Español\)](#)
- [Tips for Adults \(En Español\)](#)
- [When Terrible Things Happen \(En Español\)](#)

From the National Mass Violence and Victimization Resource Center & Partners

- [Transcend](#) (mobile app to assist with recovery after mass violence)
- [Timeline of Activities to Promote Mental Health Recovery](#)
- [Self-Help: Resources for Survivors](#)
- [Grief and Loss in Law Enforcement: Helping Officers and Agencies Recover and Heal](#)

Disaster Helpline

SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.

Additional Resources

For those that are needing technical assistance or additional resources, please don’t hesitate to contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.