

IN THE AFTERMATH OF A SCHOOL SHOOTING

Information and resources

Information sources

Department of Homeland Security
www.dhs.gov/

Local law enforcement contact information
www.usacops.com (dial 911 in an emergency)

Articles and resources

American Psychological Association
[Helping your children manage distress in the aftermath of a shooting](#)
[Managing your distress in the aftermath of a shooting](#)

National Institute of Mental Health
[Helping Children and Adolescents Cope with Traumatic Events](#)

The National Child Traumatic Stress Network
[School Shooting Resources](#)

Substance Abuse and Mental Health Services Administration
[Disaster Distress: Incidents of Mass Violence](#)

Support

Disaster Distress Helpline
Call or text 1-800-985-5990
Crisis counseling/support for anyone with emotional distress related to natural or human-caused disasters

American Red Cross
Provides food, water and emotional support for affected families and first responders
1-800-733-2767
Find your local chapter at:
<http://www.redcross.org/find-your-local-chapter>

American Red Cross Reunification
Tips/assistance in reconnecting with loved ones.
www.redcross.org/get-help/disaster-relief-and-recovery-services/contact-and-locate-loved-ones.html

**The Compassionate Friends:
Supporting family after a child dies**
This is a national bereavement nonprofit that offers resources to grieving parents. Connect with local chapters and other resources at:
www.compassionatefriends.org

Together, all the way.®



Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. Use and distribution limited solely to authorized personnel. 857277d 05/22 © 2022 Cigna