

On behalf of the CSMHA family, we wish to offer our sincere sympathy and support to Virginia Tech students, families, faculty, staff, alumni, and the surrounding community. Below is a brief list of web resources that may be helpful for students, caregivers, staff and faculty, counseling centers, clinicians, and community members. In this time of tragedy, our thoughts and prayers are with you all. If there is anything we can do to assist, please feel free to contact the Center, 410-706-0980, 1-888-706-0980.



Web Resources for Dealing with Trauma and Loss

The American Psychological Association (APA) Help Center has posted information to help college and university students deal with tragic and violent events:

<http://www.apahelpcenter.org/articles/article.php?id=151>

<http://helping.apa.org/articles/article.php?id=22>

<http://www.aap.org/featured/resourcepage.htm>

The Centers for Disease Control (CDC) has developed a brochure on how to deal with a traumatic event:

<http://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

The National Institute of Mental Health (NIMH) site has assembled information on dealing with a traumatic event with links to additional resources and publications:

<http://www.nimh.nih.gov/healthinformation/traumaticmenu.cfm>

Mental Health America (MHA) has created tips to help educators, students, and parents cope following traumatic events:

<http://www.mentalhealthamerica.net/go/coping-virginia-tech>

<http://www1.nmha.org/reassurance/collegetips.cfm>

<http://www1.nmha.org/reassurance/coping.cfm>

The Mental Health Association of Maryland has developed the following resources pertaining to dealing with traumatic events:

<http://www.mhamd.org/documents/ABriefLookAtMentalHealthRelatedToTraumaticEvents.pdf>

<http://www.mhamd.org/documents/CopingWithDisasterTipsforCollegeStudents-VirginiaTech.pdf>

The National Child Traumatic Stress Network has developed mental health resources for traumatized children and their families, schools, and communities and has a special resource section on the Virginia Tech Shooting. http://www.nctsnet.org/nccts/nav.do?pid=hom_main

The New York University Child Study Center has assembled resources to help parents and school staff to better talk to kids about difficult topics such as the Virginia Tech tragedy and for understanding how children and adolescents cope with traumatic events.

http://www.aboutourkids.org/aboutour/articles/school_violence_tips.html

The Substance Abuse and Mental Health Service Administration (SAMHSA) website has links to different resources for dealing with trauma and coping in times of stress:

<http://mentalhealth.samhsa.gov/cmhs/TraumaticEvents/links.asp>
<http://www.samhsa.gov/trauma/index.aspx>

The UCLA Center for Mental Health in Schools has developed an important resource for assessing whether a student may commit a violent act, <http://smhp.psych.ucla.edu/pdfdocs/shootings.pdf>. In addition to this resource, they have other relevant resources available on their Clearinghouse.

- Crisis Prevention and Response
http://smhp.psych.ucla.edu/qf/p2107_01.htm
- Grief and Bereavement
http://smhp.psych.ucla.edu/qf/p3003_01.htm
- Post-traumatic Stress
<http://smhp.psych.ucla.edu/qf/ptsd.htm>
- Prevention for Students at Risk
<http://smhp.psych.ucla.edu/qf/prevention.html>
- Safe Schools and Violence Prevention
http://smhp.psych.ucla.edu/qf/p2108_03.html
- Threat Assessment: Resources and Cautions
<http://smhp.psych.ucla.edu/qf/threatassessment.html>

The University of Maryland (UM) Counseling Center has created a document presenting tips to help with coping:
http://www.oea.umaryland.edu/Files/coping_tips.pdf



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