



ADVANCING SCIENCE AND PROMOTING UNDERSTANDING OF TRAUMATIC STRESS

Response to Mass Violence

To help providers, responders, those affected and their communities following tragic mass violence events, the National Center for PTSD compiled available resources. In addition, we are offering the free services of the [National Center for PTSD Consultation Program](#) to providers treating *anyone* who is coping with the psychological effects of these events. See page 2 for more details.

For the Public

Online Articles

- [Resources for Survivors and the Public Following Disaster and Mass Violence](#)
Key information, handouts for disaster survivors and self-help resources.
- [What to Expect in the Wake of Mass Violence](#)
Strategies to help manage distress in the short-term and effective treatments to support recovery.
- Materials are also available in Spanish, including:
 - [Qué Esperar Después de la Violencia en Masa](#) | [What to Expect in the Wake of Mass Violence](#)
 - [Reacciones Comunes Después de un Trauma](#) | [Common Reactions After Trauma](#)
 - [Cómo Afrontar las Reacciones de Estrés Traumático](#) | [Coping with Traumatic Stress Reactions](#)

Tools to Help with Distress following Trauma

- [PTSD Coach Mobile App](#)
This mobile app designed to help with self-care for those with PTSD can also be helpful in the aftermath of a disaster.
- [PTSD Coach Online](#)
This online resource offers 17 tools that can help you manage trauma reminders, sleep issues and other troubling symptoms following a disaster.
- [PTSD Family Coach Mobile App](#)
This mobile app is for family members of those living with someone who has PTSD.

Printable Handouts

- [Psychological First Aid \(PFA\) Handouts \(PDF\)](#)
Practical guidance for adults and children from *Psychological First Aid*, an intervention for disaster survivors.
- PFA [Handouts in Spanish](#)
The *Psychological First Aid* handouts are available from the National Child Traumatic Stress Network.

For Providers

National Center for PTSD Consultation Program



The [PTSD Consultation Program](#) offers education, information, consultation, and other resources to healthcare providers who treat Veterans with PTSD.

We are temporarily able to provide consultation to providers whose clients (Veteran or non-Veteran) were impacted by recent natural disasters or mass violence events. **Email or call us to learn more:** PTSDconsult@va.gov or 866-948-7880.

Online Articles

- [Helping Survivors: Early Interventions Following Disaster and Mass Violence](#)
Reviews immediate actions that support the well-being of disaster-affected individuals, including evidence-informed recovery elements and Psychological First Aid (PFA).
- Extensive information about early, intermediate and long-term interventions following disaster and mass violence can be found on NCPTSD's [Types of Trauma](#) page for providers. Look specifically under the "Disaster and Terrorism" heading.
- [Psychological First Aid \(PFA\): Field Operations Guide](#)
PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster to reduce initial distress and foster short- and long-term adaptive functioning. The guide includes handouts for survivors.
 - [PFA Mobile](#)
Following disasters or emergencies, the PFA Mobile app can assist responders who provide Psychological First Aid (PFA) to adults, families and children.
- [Skills for Psychological Recovery \(SPR\) Manual](#)
SPR aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. SPR is intended to follow Psychological First Aid (PFA) in the weeks and months following disaster and mass violence events.

Assessment Instruments

We provide National Center for PTSD assessment instruments on our [website](#). Qualified providers can email ncptsd.assessment@va.gov for Spanish-language versions of the PTSD Checklist (PCL-5) and the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5).