



## Trauma-Informed Resources

### San Diego, California

We send our deepest condolences to all those affected by the horrific shooting in San Diego, California today at the Islamic Center of San Diego. As you consider your response in the coming days, this document includes information to help guide support for the grieving families, survivors of the shooting, as well as the broader San Diego community.

#### Local Resources:

- **California 2-1-1:** Call 2-1-1 for free and confidential information about the mental and physical healthcare, housing, food and emergency services available in your area. Resource specialists are available 24/7/365. For an online alternative, visit [findhelp.org](https://www.findhelp.org).
- **San Diego Helpline** Contact 619-543-1434 (Monday-Friday, 9:00am-5:00pm)
- **San Diego Crisis Response** Contact 888-724-7240 (24/7 hours)

#### National Resources:

- **[Everytown Survivor Network](#):** Text the word SURVIVOR to 644-33 to join a nationwide community of survivors working together to end gun violence. The Survivor Network connects survivors of gun violence for ongoing peer support, amplifies the power of survivor voices, offers trauma-informed programs, provides information on direct services, and supports survivors who choose to become advocates.
- **[9-8-8 Suicide and Crisis Lifeline](#):** Call 9-8-8, text 9-8-8, or click here to access the [online chat](#) to connect with a crisis counselor. The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7/365 in the United States.
- **[SAMHSA Disaster Distress Helpline](#):** Call or text 1-800-985-5990 to connect with counselors in 100+ languages. Operated by the Substance Abuse and Mental Health Services Administration, this helpline is available 24/7/365 to provide crisis counseling at no cost for people experiencing emotional distress related to any natural or human-caused disaster (including mass shootings).
- **[VictimConnect Resource Center](#):** Call or text 855-4-VICTIM (855-484-2846) or send a message through an [online chat](#) Monday through Friday from 9 a.m. to 5 p.m. ET. Dial 711 and VictimConnect staff can provide services through an interpreter in more than 200 languages and to deaf and hard-of-hearing individuals. VictimConnect offers confidential assistance to victims of crime through trained specialists who are available to help you locate services in your area, including mental health counseling, legal services, and more.

#### Community Response:



- **Vigils:** In the aftermath of a tragedy, some communities have organized vigils to remember the victims and to provide a space for members of the community to express their sorrow for the tragedy. Best practice from our experience is for these activities not to be political in nature, and to be treated as a thoughtful remembrance gathering and an opportunity to show support to families. The families of victims may or may not choose to participate, and that is their decision.
- **Support for Victims' Families and Witnesses to the Shooting:** After a traumatic event, individuals respond in any number of ways. Many people are able to recover from their trauma using natural supports they have available to them. Others, however, may experience intense thoughts and feelings that last a long time.

### **Additional Resources and Information:**

- Information on trauma and [signs and symptoms of emotional trauma](#);
- Visit the [Virtual Resiliency Center](#) for resources to help individuals and communities recover from mass violence
- For parents: [Talking to children about gun violence](#);
- For teachers and school staff: [Talking to children about mass violence in schools](#);
- For employers: [Gun Violence in the Workplace: a Guide for Employers in the Aftermath of Gun Violence](#)
- [Coping tips for traumatic events and disasters](#);
- List of [crisis lines and resources](#) to help identify sources of support in the community;
- Fact sheets on [trauma and gun violence](#) and [coping with traumatic grief](#);
- Information on the importance of [taking care of yourself](#). Self-care is a critical part of any recovery process. Self-care practices are those things we do for ourselves to maintain and improve our emotional, mental and physical well-being.