Crisis Hotline at Emergence Health Network in El Paso, Texas – 915-779-1800 or 1-877-562-6467

The tragic incident of mass violence in El Paso will impact the whole community and country at large. It is common for all involved to experience emotional distress. Feelings such as increased anxiety or depression-like symptoms are common.

At risk of emotional distress are survivors, family members, friends, first responders, recovery workers, and community members.

Where can I get help?

Please visit Texas Health and Human Services Commission – Disaster Behavioral Health webpage at TX HHSC – Disaster Behavioral Health for resources in both English and Spanish.

Resources for Adults

The Psychological Impact of the Recent Shooting
Coping with Grief after Community Violence

Resources for Care Providers and Administrators

Available from the Center for the Study of Traumatic Stress at the Uniformed Services University:

- Grief Leadership: Leadership in the Wake of Tragedy
- Leadership Communication: Anticipating and Responding to Stressful Events
- Coping with Stress Following a Mass Shooting
- Maintaining the Well-Being of Healthcare Providers

Resources for Children

In response to the mass violence incident in El Paso, Texas, the National Child Traumatic Stress Network provides the following resources:

- Parent Guidelines for Helping Youth after the Recent Shooting (Also in Spanish)
- Talking to Children about the Shooting
- Tips for Parents on Media Coverage
- Age-Related Reactions to a Traumatic Event
- For Teens: Coping After Mass Violence
- Helping Youth after Community Trauma: Tips for Educators
- After a Crisis: Helping Young Children Heal
- After the Injury—website for families with injured children
- Health Care Toolbox—website for pediatric health providers working with injured children

To access these resources and others, go to
Traumatic Grief: https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief
Terrorism and Violence: https://www.nctsn.org/what-is-child-trauma/trauma-types/terrorism-and-violence

National Disaster Helpline

For individuals in the United States who need additional support, SAMHSA has a Disaster Distress Helpline. To access, call 1-800-985-5990 or text TALKWITHUS to 66746.