



Regional Research Institute
Portland State University
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Community Tragedy Support & Mental Health Resources

Tips & Guidance for Parents, Educators, & Providers

- [The National Child Traumatic Stress Network \(NCTSN\)](#): Offers specialized resources on school shootings, traumatic grief in teens, and child trauma response.
- [Dougy Center \(The National Grief Center for Children & Families\)](#): Provides grief support resources for youth, teens, young adults, and families following school shootings or large-scale tragedies.
- [Talking to Children About Violence: Tips for Parents and Teachers \(PDF\)](#) – A 2-page tip sheet by the National Association of School Psychologists (NASP).
- [How to Help Children Cope with a Gun Violence Tragedy — Sandy Hook Promise](#)
- [Engaging in Sensitive Conversations \(PDF\)](#) – A U.S. Department of Education guide for self-reflection and sensitive discussions.
- [Helping Children and Adolescents Cope With Traumatic Events \(PDF\)](#) – NIMH infographic on trauma-related behaviors and support strategies.
- [Responding to School Violence: Tips for Administrators](#) – NASP web guide for school leadership.
- [Cómo ayudar a los niños y adolescentes a superar los acontecimientos catastróficos \(PDF\)](#) – Guía en español para padres, socorristas y la comunidad.

Local Oregon & Regional Resources

- [Silver Rail Community Information Hub](#) – Bend-La Pine Schools official updates and community support information.
- [Bend Businesses Free Help & Meals](#) – Local business support directory following the Silver Rail Elementary shooting.
- [Oregon Family Support Network \(OFSN\)](#): Peer-led family support promoting mental, behavioral, and emotional wellness.



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- [Youth ERA](#): Youth-led Oregon organization offering drop-in centers and peer mentoring for youth facing system involvement or crisis.
- [Lines for Life](#): Oregon non-profit offering crisis intervention, addiction support, hotlines, and referrals.
- [Project ABLE](#): Provides one-on-one peer support and wellness classes for mental health recovery in Oregon.
- [PeerGalaxy](#): Directory of online and phone-accessible peer support, recovery offerings, and warmlines across Oregon.
- [Reach Out Oregon](#): Warm line, web chat, and interactive resource map connecting Oregon families with Family Support Specialists.
- [Help Starts Here – Community Violence: Support & Resources \(PDF\)](#) – Regional employee assistance guide.

National Resources & Support Networks

- [Youth Peace and Justice Foundation \(The Uvalde Foundation for Kids\)](#): Dedicated to violence prevention, healing, and peace amidst community violence.
- [YouthLine](#): Free, confidential peer mental health support for youth available 24/7.