

Allegheny County Crisis Response Resources

Name	Location	Type of Resource
UPMC Mathilda Theiss Health Center	373 Burrows Street Pittsburgh, PA 15213 412-383-1559 www.upmc.com/locations/community/mathilda-theiss-health-center	Support for families and children, including National Children Traumatic Stress Network experts
Macedonia Family & Community Enrichment Center, Inc.	1835 Centre Avenue, Suite #285 Pittsburgh, PA 15219 412-281-2573 ext. 4480 www.macedoniaface.org	Support for families and organizations
HealthyCHILD team at University of Pittsburgh Office of Child Development	412-383-3098 http://www.oed.pitt.edu/HealthyCHILD-(Collaborative-Health-Interventions-for-Learners-with-Differences)-School-Linked-Developmental-Healthcare-Partnerships/616/Default.aspx	Support for families and children
Center for Parents and Children at the University of Pittsburgh	4101 Sennott Square 210 South Bouquet Street Pittsburgh, PA 15260 412-624-1836 https://www.cpc.pitt.edu/	Support for families and children
Resolve Crisis Services	1-888-7 YOU CAN (1-888-796-8226) 333 North Braddock Ave. Pittsburgh, PA 15208 https://www.upmc.com/services/behavioral-health/resolve-crisis-services	24/7 crisis counseling and support, referrals and intervention services for mental health emergencies
Jewish Family and Community Services	5743 Bartlett Street Pittsburgh, PA 15217 412-422-7200 https://www.jfcspgh.org/	Counseling services
Highmark Caring Place	Pittsburgh region: (888) 224-4673 620 Stanwix Street Pittsburgh, PA 15222 (888) 224-4673 https://www.highmarkcaringplace.com	For grieving children who have lost a loved one
Center for Victims	24-Hour Hotline, (412) 392-8582 or 1-866-644-2882 (toll-free) Pittsburgh Office: 3433 East Carson Street Suite #300 Pittsburgh, PA 15203 412-482-3240 https://www.centerforvictims.org/	The hotline, which serves as a gateway to all services, can be utilized by anyone, including victims, witnesses, and their families or friends, law enforcement, hospitals, social workers, or mental health professionals

Online Resources

The **National Child Traumatic Stress Network** has developed resources to help families and communities. These resources include tip sheets on:

- The Psychological Impact of the Recent Shooting
<https://www.nctsn.org/resources/psychological-impact-recent-shooting>
- Tips for Parents on Media Coverage
<https://www.nctsn.org/resources/tips-parents-media-coverage-shooting>
- Parent Guidelines for Helping Youth after the Recent Shooting
<https://www.nctsn.org/resources/parent-guidelines-helping-youth-after-recent-shooting>
- Helping Young Children with Traumatic Grief: Tips for Caregivers
<https://www.nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers>
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers
<https://www.nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers>
- Helping Teens with Traumatic Grief: Tips for Caregivers
<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>
- Helping Youth After Community Trauma: Tips for Educators
<https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators>
- After a Crisis: Helping Young Children Heal
<https://www.nctsn.org/resources/after-crisis-helping-young-children-heal>
- Guiding Adults in Talking to Children About Death and Attending Services
<https://www.nctsn.org/resources/guiding-adults-talking-children-about-death-and-attending-services>
- Talking to Children about Hate Crimes and Anti-Semitism
<https://www.nctsn.org/resources/talking-to-children-about-hate-crimes-and-anti-semitism>

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

- Funerals and Memorials: a Part of Recovery
<http://www.cstsonline.org/resources/resource-master-list/funerals-and-memorials-a-part-of-recovery>
- Grief Leadership: Leadership in the Wake of Tragedy
<https://www.cstsonline.org/resources/resource-master-list/grief-leadership-leadership-in-the-wake-of-tragedy>

· Leadership Communication: Anticipating and Responding to Stressful Events
<https://www.cstsonline.org/resources/resource-master-list/leadership-communication-anticipating-responding-stressful-events>

Available from the **U.S. Department of Health & Human Services, Substance Abuse and Mental Health Services Administration:**

- **SAMHSA Disaster Distress Helpline**, a permanent hotline dedicated to providing disaster crisis counseling and resources. This free, confidential, and multilingual, crisis support service is available via **telephone (800-985-5990)** and **SMS (Text 'TalkWithUs' to 66746)** to anyone who may be experiencing psychological distress as a result of natural or human caused disasters <https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>
- Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event
<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>
- Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>
- SAMHSA Tips for Survivors of a Disaster or Traumatic Event: What to expect in your personal, family, work, and financial life:
<https://store.samhsa.gov/shin/content/SMA13-4775/SMA13-4775.pdf>
- US Department of Veteran Affairs: National Center for PTSD: Types of Trauma: Disaster and Terrorism: https://www.ptsd.va.gov/understand/types/disaster_terrorism.asp
 - SAMHSA Coping with Grief After Community Violence:
<https://store.samhsa.gov/shin/content/SMA14-4888/SMA14-4888.pdf>

Available for religious community leaders from the **National Disaster Interfaiths Network** and **New York State Office of Mental Health**

- National Disaster Interfaiths Network: Children and Disaster: http://www.ndin.org/ndin_resources/tipsheets_v1208/24_NDIN_TS_Children.pdf
- National Disaster Interfaiths Network: Faith Communities & Disaster Mental Health:
http://www.ndin.org/ndin_resources/tipsheets_v1208/11_NDIN_TS_DisasterMentalHealth.pdf
 - Psychological First Aid: Spiritual Leader and Practitioners:
https://omh.ny.gov/omhweb/disaster_resources/pfa/spiritual.html

Sesame Street's Grief Toolkit

<https://www.sesamestreet.org/toolkits/grief>

Fred Rogers Productions information about dealing with death

<https://www.fredrogers.org/parents/special-challenges/death.php>

Carnegie Library reading list – books that can help young listeners understand and respect differences, appreciate the important of community, and explore their feelings

<https://www.carnegielibrary.org/staff-picks/here-to-help-tree-of-lifeor-lsimcha-dor-hadash-and-new-light-tragedy/>

Compiled by Allegheny County Department of Human Services
<https://www.alleghenycounty.us/human-services/index.aspx>