

100+ Resources for the
Aftermath of the Orlando
Mass Shooting Tragedy

NAVIGATING DISTRESS AND COPING

How to Cope after a Mass Shooting (English & Español)

<http://www.apa.org/helpcenter/mass-shooting.aspx> | <http://www.apa.org/centrodeapoyo/tiroteo.aspx>

Responding to the Tragedy in Orlando: Helpful Responses for LGBTQ People and Allies

<https://psychologybenefits.org/2016/06/14/responding-to-the-tragedy-in-orlando-helpful-responses-for-lgbtq-people-and-allies/>

10 Ways to Support Yourself and the LGBTQ Community in Wake of the Orlando Shooting

<http://www.teenvogue.com/story/orlando-shooting-how-to-support-yourself-lgbtq-community>

Recovering Emotionally from Disaster

<http://www.apa.org/helpcenter/recovering-disasters.aspx>

Incidents on Mass Violence – SAMHSA

<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>

11 Small Ways to Feel Less Helpless this Week, from a Trained Therapist

<http://www.upworthy.com/11-small-ways-to-feel-less-helpless-this-week-from-a-trained-therapist>

The Behavioral Health Response to Mass Violence (Webinar)

<https://www.youtube.com/watch?v=GeFrjY9Dfu0>

Disaster and Trauma Effects on Parents (PDF)

<http://www.counseling.org/docs/trauma-disaster/fact-sheet-4---disaster-and-trauma-effects-on-parents.pdf>

In the Wake of the Orlando Massacre: 7 Ways I Take Care of Myself During Depressive Episodes

<http://thebodyisnotanapology.com/magazine/7-ways-i-find-relief-in-depression-taylor/>

13 Soothing Books to Read When Everything Hurts (Intersectional Focus)

https://www.buzzfeed.com/hannahgiorgis/escape-plan?utm_term=.gfZX5W00W#.dnEadjQQj

Tips to Support Individual and Community Healing

<http://www.peacockrebellion.org/resources/healingtips/>

4 Self-Care Tips After the Pulse Tragedy

<http://wearyourvoicemag.com/identities/lgbtq-identities/4-self-care-tips-pulse-tragedy>

RESPONDING THROUGH GIVING, MOURNING, AND ACTION

Nationwide Vigils, Victim Fund Page, and More (English & Español)

<http://www.weareorlando.org/> | <http://www.weareorlando.org/espanol.html>

Support Victims of Pulse Shooting

<https://www.gofundme.com/PulseVictimsFund>

APA Disaster Resource Network

<http://www.apa.org/practice/programs/drn/>

How to Help Orlando Shooting Victims

<http://www.cnn.com/2016/06/12/us/how-to-help-victims-after-worst-mass-shooting-in-u-s-history/>

Practical Things Psychology Graduate Students Can Do

<http://www.gradpsychblog.org/weareorlando/#.V2AeEBUrdU>

Donate to the Orlando Youth Alliance (GLBTQ youth serving non-profit)

<http://www.orlandoyouthalliance.org/index.cfm?n=7&c=green>

Love Is Love – My LGBTQ KidLit Book Donation Drive for the Orlando Youth Alliance
<http://paulayoo.com/love-is-love-my-lgbtq-kidlit-book-donation-drive-for-the-orlando-youth-alliance/>

Muslims United for Victims of Pulse Shooting
https://www.launchgood.com/project/muslims_united_for_victims_of_pulse_shooting

Preventing Gun Violence in 5 Steps
<https://storify.com/APHA/gun-violence-prevention>

Tell Congress: Support Common Sense Measures to Reduce Gun Violence
<http://cqrcengage.com/apapolicy/app/onestep-write-a-letter?0&engagementId=222313>

Petition Asking Congress to Keep Guns Out of Dangerous Hands
[http://act.everytown.org/sign/orlando-congress-petition-2/?](http://act.everytown.org/sign/orlando-congress-petition-2/)

White House Petition to Address Sensible Gun Control
<https://petitions.whitehouse.gov/petition/amend-constitution-fix-gun-problem>

MoveOn Petition: Ban Assault Weapons Now
<http://petitions.moveon.org/sign/ban-assault-weapons-now-4?source=ads.ck.baw.A01-BERWAR-BO-18p-Ad38>

ENGAGING IN ALLYSHIP AND INTERCOMMUNITY SOLIDARITY

8 Ways Allies Can Show Up For the Queer Community After Orlando
<http://everydayfeminism.com/2016/06/allies-after-orlando/>

How to Talk to a Queer Person Who is Afraid of Dying
www.washingtonpost.com/news/soloish/wp/2016/06/14/how-to-talk-to-a-queer-person-who-is-afraid-of-dying/

An Open Letter to Straight People on the Pulse Massacre
http://www.huffingtonpost.com/entry/an-open-letter-to-straight-people-on-the-pulse-massacre_us_575eb41de4b053e2197933bf

Rejecting Islamophobia as a Queer Latina in the Wake of the Orlando Shooting
www.truth-out.org/opinion/item/36421-rejecting-islamophobia-as-a-queer-latina-in-the-wake-of-the-orlando-pulse-shooting

7 Things Straight People Aren't Understanding about Orlando
<http://globalcomment.com/7-things-straight-people-arent-understanding-about-orlando/>

Can We Stop Erasing Latinos from the Orlando Massacre Narrative?
<http://www.latinorebels.com/2016/06/17/can-we-stop-erasing-latinos-from-the-orlando-massacre-narrative/>

Learning How to be a Straight Ally after the Orlando Tragedy
<http://www.lgbtqnation.com/2016/06/learning-straight-ally-orlando-tragedy/>

Mourning on Ramadan: Breaking My Fast With Queer Muslims After the Orlando Shooting
<http://www.truth-out.org/opinion/item/36458-mourning-on-ramadan-breaking-my-fast-with-queer-muslims-after-the-orlando-shooting>

Tips for Straight Allies
<https://www.instagram.com/p/BGkbfxFhg0w/>

White Queers, this is a Betrayal
<https://womanofcolour.com/2016/06/17/white-queers-this-is-a-betrayal/>

Being an Ally in the Wake of Orlando
http://www.thenewcivilrightsmovement.com/rjmedwed/being_an_ally_in_the_wake_of_orlando

Dalai Lama Warns Against Scapegoating Muslims After Orlando Shooting

www.huffingtonpost.com/entry/dalai-lama-warns-against-scapegoating-muslims-after-orlando-shooting_us_5761a6d6e4b0df4d586efc4e?szqua0dxeeplex9a4i=&

To my Heterosexual Friends: This is Why Orlando Hurts

<http://johnpeart.org/2016/06/14/to-my-heterosexual-friends-orlando-shootings>

Gay rabbi: We can all mourn Orlando, but this was terrorism against gay people

https://www.washingtonpost.com/news/acts-of-faith/wp/2016/06/15/gay-rabbi-we-can-all-mourn-orlando-but-this-was-terrorism-against-gay-people/?tid=a_inl

26 Things Queer People Actually Want to Hear after Orlando

https://www.buzzfeed.com/sallytamarkin/you-are-brave-you-are-loved?utm_term=.ihaqxbrb#_pjGLN9119

In Whitewashing the Pulse Shooting, We Dehumanize the Victims

<http://www.theestablishment.co/2016/06/15/in-whitewashing-the-pulse-shooting-we-dehumanize-the-victims/>

TOOLS FOR TEACHERS, PARENTS, & YOUTH WORKERS

Disaster and Trauma Responses of Children (PDF)

<https://www.counseling.org/docs/trauma-disaster/fact-sheet-3---disaster-and-trauma-responses-of-children.pdf>

Helping Your Child Manage Distress in the Aftermath of a Shooting

<http://www.apa.org/helpcenter/aftermath.aspx>

Addressing the Orlando Shooting at Your School

<http://www.glsen.org/blog/addressing-orlando-shooting-your-school>

Creating Safe and Welcoming Schools For All Children & Families

<http://www.welcomingschools.org/>

7 Ways to Talk to Children and Youth about the Shootings in Orlando

<https://psychologybenefits.org/2016/06/13/7-ways-to-talk-to-children-and-youth-about-the-shootings-in-orlando/>

Teaching and Learning Resources - The Attack in Orlando: The Worst Mass Shooting in U.S. History

learning.blogs.nytimes.com/2016/06/13/news-qs-terror-attack-in-orlando-is-worst-mass-shooting-in-u-s-history/?_r=0

10 Suggestions when Teaching about Controversial or Difficult Issues

<http://www.morningsidecenter.org/teachable-moment/lessons/teaching-about-controversial-or-difficult-issues>

How to Talk to Children about Difficult News and Tragedies

<http://www.apa.org/helpcenter/talking-to-children.aspx>

GLSEN's Safe Space Kit: Guide to Being an Ally to LGBT Students

<http://www.glsen.org/safespace>

Safe Learning Environments For LGBTQ Students In A Post-Orlando America

http://www.huffingtonpost.com/jessica-r-toste/safe-learning-environments-lgbtq-students_b_10463154.html

The Orlando Shootings: Parents' Guide to Talking to Children (PDF)

<http://schoolcounselor.org/asca/media/asca/home/Orlando.pdf>

Classroom Lesson – Orlando Shooting: A Listening Circle

<http://morningsidecenter.org/teachable-moment/lessons/orlando-shooting-listening-circle>

Best Practices: Creating an LGBT-inclusive School Climate

<http://www.tolerance.org/lgbt-best-practices>

How Should Parents Talk to LGBTQ Youth About Orlando?

<http://www.nbcnews.com/feature/nbc-out/how-should-parents-talk-lgbtq-about-orlando-n592126>

How Teachers and Parents Can Talk to Kids about the Orlando Shootings

www.washingtonpost.com/news/answer-sheet/wp/2016/06/13/how-teachers-and-parents-can-talk-to-kids-about-the-orlando-shootings/

RESOURCES FOR HEALTHCARE PROVIDERS

Effects of Traumatic Stress after Mass Violence, Terror, or Disaster

<http://www.ptsd.va.gov/professional/trauma/disaster-terrorism/stress-mv-t-dhtml.asp>

Vicarious Trauma (PDF)

<https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2>

Disaster and Trauma Responses of Children (PDF)

<https://www.counseling.org/docs/trauma-disaster/fact-sheet-3---disaster-and-trauma-responses-of-children.pdf>

LGBTQ Youth Related Resources on Trauma and Coping

<http://www.nctsn.org/resources/public-awareness/lesbian-gay-bisexual-and-transgender-pride-month>

Creating Welcoming & Inclusive Environments for Traumatized LGBTQ Youth (Video)

<http://www.nctsn.org/products/nctsn-safe-places-video>

Mental Health Reactions after Disaster: A Fact Sheet for Providers (PDF)

<http://www.ptsd.va.gov/professional/pages/handouts-pdf/Reactions.pdf>

Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals (PDF)

http://nctsn.org/sites/default/files/assets/pdfs/secondary_traumatic_tress.pdf

UNDERSTANDING GUN VIOLENCE IN THE U.S. CONTEXT

America's Gun Problem Explained in 18 Charts

<http://www.vox.com/2016/2/29/11120184/gun-control-study-international-evidence>

Gun Violence Prevention

<http://www.apa.org/topics/violence/gun-violence-prevention.aspx>

Gun Violence: Prediction, Prevention, and Policy – APA Panel of Experts Report

<http://www.apa.org/pubs/info/reports/gun-violence-prevention.aspx>

Gun Violence and the Psychological Response to Mass Violence (PDF)

www.do-cu-cu.com/goto/aa2a8573aa5032367c68a5e3aa7ec8e2/GUN-VIOLENCE-AND-THE-PSYCHOLOGICAL.pdf

PERSPECTIVES THAT CENTER LGBTQ LATINX & MUSLIM COMMUNITIES

Latinx LGBTQ Community & Its Stories of Survival Should Be at Center of Orlando Response

http://www.democracynow.org/2016/6/14/activist_latinx_lgbtq_community_its_stories

American Ugliness: Queer and Trans People of Color Say “Not In Our Names”

www.truth-out.org/opinion/item/36430-american-ugliness-queer-and-trans-people-of-color-say-not-in-our-names

The Pulse Nightclub Shooting Robbed the Queer Latinx Community of a Sanctuary

<http://remezcla.com/features/music/pulse-nightclub-sanctuary/>

Queer Latinx: Tired of Being Targets

<http://www.advocate.com/commentary/2016/6/15/queer-latinx-tired-being-targets>

It's Not Safe to be a Queer Person of Color in America

<http://fusion.net/story/313181/queer-person-of-color-unsafe-america/>

It's OK to Let Vulnerability Sink In

www.eastbayexpress.com/oakland/an-east-bay-queer-and-trans-artist-of-color-on-orlandos-horrific-nightclub-shooting/Content?oid=4832603

Responses – Familia Trans Queer Liberation Movement (Video)

<https://www.facebook.com/Familiatqlm/videos/894654677347323/>

Do Not Militarize Our Mourning: Orlando and the Ongoing Tragedy Against LGBTSTGNC POC

<http://alp.org/do-not-militarize-our-mourning-orlando-and-ongoing-tragedy-against-lgbtstgnc-poc>

Statement from the Muslim Alliance for Sexual and Gender Diversity

<http://www.muslimalliance.org/masgd-speaks/87-response-to-shooting-in-orlando>

What Queer Latinos are Saying about the Orlando Shooting

www.npr.org/sections/codeswitch/2016/06/13/481859852/what-queer-latinos-are-saying-about-the-orlando-shooting

From Charleston to Orlando: Reflections on Massacre in a Time of Backlash

<https://medium.com/@Lyles/from-charleston-to-orlando-reflections-on-massacre-in-the-time-of-the-right-61e546db6c86>

Queer, Muslim and Unwelcome at the "New Stonewall"

<http://muftah.org/queer-muslim-unwelcome-new-stonewall/#.V2Ga2lcpDqA>

Whitewashing the Orlando Shooting Victims Only Makes LGBTQ People of Color More Vulnerable to Violence

<http://www.vox.com/2016/6/16/11954668/whitewashing-orlando-victims-lgbt-violence>

Here is What LGBT Muslims Want You to Know after the Orlando Shooting

www.buzzfeed.com/skarlan/here-is-what-lgbt-muslims-want-you-to-know-after-the-orlando?utm_term=.doakbgwP0#.jo6PaXxOR

To My Fellow QTPOC Mourning the Orlando Pulse Shooting: We Need to Love Each Other

<http://wearyourvoicemag.com/identities/lgbtq-identities/message-fellow-qt poc-mourning-orlando-pulse-shooting>

Only When I'm Dancing Can I Feel This Free

<http://www.mtv.com/news/2891842/only-when-im-dancing-can-i-feel-this-free/>

In Honor of Our Dead: Latinx, Queer, Trans, Muslim, Black – We Will Be Free

En Honor a Nuestros Muertos: Latinx, Queer, Trans, Musulmanes, Negros – Seremos Libres

<http://blacklivesmatter.com/in-honor-of-our-dead-queer-trans-muslim-black-we-will-be-free/>

"They Are Our Dead": LGBTQ Latinos Speak Out After Orlando

<http://www.refinery29.com/2016/06/114012/latino-lgbt-community-orlando-shooting>

LGBT People of Color Refuse to be Erased after Orlando: 'We Have to Elbow In'

<https://www.theguardian.com/us-news/2016/jun/18/orlando-latino-lgbt-media-whitewash>

In Praise of Latin Night at the Queer Club

www.washingtonpost.com/opinions/in-praise-of-latin-night-at-the-queer-club/2016/06/13/e841867e-317b-11e6-95c0-2a6873031302_story.html

Queer Muslims Confront Intersectional Challenges (Video)

<http://www.usatoday.com/videos/news/nation/2016/06/16/85969668/>

LGBT Clubs Let Us Embrace Queer Latinidad, Let's Affirm This

<http://www.nbcnews.com/storyline/orlando-nightclub-massacre/voices-lgbt-clubs-let-us-embrace-queer-latinidad-let-s-n593191>

How are Latinx and LGBT Leaders Mobilizing in the Wake of Orlando Shootings

<http://remezcla.com/features/culture/latinx-lgbt-mobilizing-orlando/>

Among the Orlando Shooting Victims, Trans Latino Advocates Hope Their Stories are Told

www.independent.co.uk/news/world/americas/orlando-nightclub-shooting-transgender-latino-latina-victim-stories-a7084391.html

The Time Two White Gay Men Heckled a Latina at a Pulse Vigil

<http://www.advocate.com/youth/2016/6/17/time-two-white-gay-men-heckled-latina-pulse-vigil>

#SomosOrlando: Latinx LGBTQ+ being Ignored while Simultaneously Killed

<http://www.gradpsychblog.org/somosorlando-latinx-lgbtq-being-ignored-while-simultaneously-killed/#.V2INAhUrL-Y>

Stuck in the Media Spotlight, LGBT Muslims Often Feel Exploited

<https://bitchmedia.org/lgbt-muslims-media-spotlight-islamophobia-queer-feminism-hearken>

Orlando's Gay Latino Community Describes Pulse Nightclub in Their Own Words

<https://mic.com/articles/146457/orlando-s-gay-latinx-community-describes-pulse-nightclub-in-their-own-words#.i1akwFv3E>

Joint Statement on the Orlando Mass Shooting – National Latina/o Psychological Association & Orgullo (PDF)

<http://www.nlpa.ws/assets/docs/nlpa%20and%20orgullo%20statement.pdf>

Orgullo Statement on the Orlando Mass Shooting (PDF)

<http://www.nlpa.ws/assets/docs/orgullo%20statement.pdf>

LGBT People of Color Alienated by San Francisco Pride's Plan for More Police

www.theguardian.com/world/2016/jun/22/san-francisco-pride-police-presence-orlando-shooting-lgbt?CMP=Share_AndroidApp_Signal

One Month After Attack on Xalapa Gay Bar, Mexicans Speak Out on Selective Reporting of Violence

<http://remezcla.com/culture/xalapa-gay-bar-murders/>

Recognizing the Intersection of Identities in Orlando Mass Shooting

http://www.huffingtonpost.com/katherine-garcia-camacho/recognizing-the-intersect_b_10431554.html?

What Queer Muslims are Saying about the Orlando Shooting

www.npr.org/sections/codeswitch/2016/06/13/481853353/what-queer-muslims-are-saying-about-the-orlando-shooting

Orlando's Intersections: May Our Differences Stretch Us to Revolutionary Love

<https://sojo.net/articles/orlandos-intersections-may-our-differences-stretch-us-revolutionary-love>

LGBTQ Latinxs and Allies Share Heartfelt Messages in Honor of Orlando Shooting Victims

www.huffingtonpost.com/entry/lgbtq-latinxs-and-allies-share-heartfelt-messages-in-honor-of-orlando-shooting-victims_us_57616b57e4b09c926cfd37b?

HOTLINES

- DeQH – Desi LGBTQ Helpline for South Asians (Thursdays & Sundays, 8-10pm EST): 908-367-3374
- GLBT National Hotline: 888-843-4564
- GLBT National Youth Talkline (up to age 25): 800-246-7743
- LGBTQ Violence Response Hotline (24 hours everyday): 202-888-7222
- Muslim Youth Hotline (Monday–Friday, 6-9pm): 1-866-Naseeha
- National Coalition of Anti-Violence Programs (24 hours everyday; English & Spanish): 212-714-1141
- National Suicide Prevention Lifeline – English (24 hours everyday): 800-273-8255
- National Suicide Prevention Lifeline – Spanish (24 hours everyday): 888-628-9454
- SAMHSA Disaster Distress Helpline (Interpretation service for over 150 languages): 800-985-5990
- SAMSHA Disaster Distress Helpline (Hard of hearing and deaf community): 800-846-8517
- SAMHSA Disaster Distress Text Support (English & Spanish): Text *TalkWithUs* or *Hablanos* to 66746
- Trans Lifeline: 877-565-8860 (USA); 877-330-6366 (Canada)
- Trevor Lifeline (National 24-hour suicide hotline for LGBTQ youth): 866-488-7386



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