



## Resources *for* Living®

### Coping with distress from the tragedies at The Covenant School in Nashville

Distressing events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions.

We've put together these resources that can help. And remember: You can call us 24/7 to talk about personal or work-related issues. We're always here for you.

We've put together a list of Nashville resources that can help those impacted by the tragic school shooting.

**You can call us any time for in-the-moment support and resources.**

(855) 718-9390 (TTY: 711)

[www.mylifevalues.com](http://www.mylifevalues.com)

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### Resources to help cope



**Coping with community and school violence**



**Helping children cope with a disaster**



**Healing after an act of violence**



**Emotional recovery after a crisis guidebook**

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