



The National Alliance on Mental Illness (NAMI) Philadelphia is deeply saddened by the tragic shooting that happened yesterday at Roxborough High School . This tragedy impacts our communities—our parents, our children, our school professionals, our first responders—the mental health of our whole city. This incident has taken the life of 14-year-old Nicholas Elizalde, a Philadelphia area student, and has injured four other Philly Teens. Our affiliate stands with the families, friends, students and community members as they face this hardship and we will do what we can to bring mental health support and resources to them in the upcoming weeks.

The statistics are startling. So far this year, 178 children have been shot in Philadelphia and 23 have died. We should all be free to send our children to schools, to go cheer their school on at a local football game or attend community events without the danger of gun violence. It is unclear as to what led to this horrible incident.

As we know, gun violence is a public health crisis. We desperately need advocacy around gun laws. We all want an end to this senseless violence and trauma in our city, so we need to come together as a nation to find meaningful and sensible solutions.

We are here, ready to help the city address this trauma. If anyone needs to reach out for resources or help, the NAMI Philly HelpLine is available at 844-PHL-HOPE (4673) — open Monday to Friday from 9 am to 5 pm EST. If you are in crisis and need support right away, you can call the Suicide & Crisis Lifeline by dialing 988 — open 24/7. You can also utilize the Crisis Text Line by texting “NAMI” to 741741.

We have also attached local resources that may be helpful to you and members of your family or community.

You are Not Alone— NAMI Philadelphia is here to help



National Suicide Prevention Lifeline: 24-hour-hotline – 800.273.TALK (8255)

Crisis Text Line: Crisis Text Line serves young people in any type of crisis, providing them access to free, 24/7, emotional support and information they need via the medium they already use and trust: text. Just text “HOME” to 741-741. Info also at crisistextline.org

Philadelphia Suicide and Crisis Intervention: 24-hour hotline- 215-686-4420

NAMI (National Alliance on Mental Illness) Philadelphia: Namiphilly.org - 267.687.4381 (OPTION 1 for Warmline)

SAMHSA (Substance Abuse & Mental Health Services Administration): GET HELP NOW: 1.800.662.HELP (4357) – available 24/7 to help those suffering from addiction find immediate help.

The Trevor Project: The world’s largest suicide prevention and crisis intervention organization for LGBTQ+ young people – 1.888.488.7386 or text ‘START’ to 678-678. thetrevorproject.org

Trans Lifeline: 877.565.8870

LGBT National Youth Talkline: 800.246-7743

Safe 2 Say Something PA: A school safety tool run by the PA Office of the Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late through anonymous tips on their website. <https://www.safe2saypa.org/> 1.844.SAF2SAY (732.2729)

Cease Fire Philadelphia: Call Cease Fire to stop violence from happening 215-913-6917. Go to www.philaceasefire.com to learn more.

Up The Block Resources for those Affected by Gun Violence: Website for those who have been affected by gun violence or are looking for resources for violence prevention and healing www.uptheblock.org/en/

Teen Corner (Alateen): A place just for teens affected by someone else’s alcoholism. <https://al-anon.org/newcomers/teen-corner-alateen/>

TeenHealth.Fx: TeenHealthFX.com is your online resource for any and all questions regarding your health, your relationships, your body and your sexuality. www.teenhealthfx.com

Youth Matters Philly: Amazing app designed to help Philly youth (and former and present foster teens) find and access local resources, like shelters, housing, foodbanks, healthcare providers, and more. Download now at youthmattersphilly.org

Uplift Center for Grieving Children: Uplift Center for Grieving Children provides free peer support groups to children ages 5-18 and their caregivers who have experienced the death of someone close to them. Uplift helps children grieving a death heal and grow through their grief, while strengthening families, communities, and professionals’ understanding of how best to respond to their needs. Peer

support groups are located in various locations across the city and within schools and community groups. The main location is 3300 Henry Ave, Suite 102, Phone number 267-437-3123. www.upliftphilly.org

Valley Youth House Achieving Independence Center: Mentoring program for youth in foster care 14-20 years old. Call 215-574-9194 or go to website www.valleyyouthhouse.org/get-involved/mentoring for more info.

Loveisrespect: Loveisrespect is an organization that provides 24/7 telephone, online, and texting hotlines to support teens and young adults in abusive relationships or settings in addition to educational materials on healthy relationships and abuse. Information is also available for abusive partners. Call the hotline at 1.866.331.9474, text "loveis" to 22522, or chat and/or locate resources at www.loveisrespect.org

Help Teens Quit Smoking: Info on helping teens quit smoking. teen.smokefree.gov

Covenant House (Homeless Youth): Covenant House Pennsylvania operates a 51-bed Crisis Center that provides emergency shelter and a host of support services through our Open Intake Policy. Any youth under the age of 21 in need of a place to stay is admitted, 24 hours a day, seven days a week. 31 East Armat Street-call 215-951-5411 www.covenanthousepa.org

Youth Justice Resource Project Guide and Rights Handouts: Amazing, comprehensive resource guide for Teens and Young Adults from CLS and PLA Resources in this guide include: child care and early learning, domestic violence, drop-in centers, drug and alcohol treatment, education/career, family planning/reproductive health, food resources, general health services, housing/shelter, legal services, mental health services, parenting education, teen parent resources, other resources. Click here for guide and go to clsphila.org/youth-justice/youth-justice-resources-2/ for info and amazing fact sheets.

Additional National Organizations/Resources:

- AFSP.org (American Foundation for Suicide Prevention)
- JedFoundation.org (Mental Health Org. Targeting Teens and Young Adults)
- ActiveMinds.org (Student Mental Health Org. Started by UPENN Student)
- Stevefund.org (Mental Health Resources for Students of Color)
- OK2Talk.org (Open Forum for Sharing Testimonials)
- Reachout.com (Mental Health Internet Service for Teens)
- ThursdaysChild.org (The National Youth Advocacy Hotline)
- 13ReasonsWhy.info (Discussion guide/video series provided by the Netflix series)
- TeensHealth.org (Teen Health Related Medical Advice and Info)
- StopBullying.org (Identifying and Preventing Bullying)
- AA.Org (Alcoholics Anonymous)
- SEPIA.org (Alcoholics Anonymous in Southeastern PA)
- NAWORKS.org (Narcotics Anonymous)
- Seizetheawkward.org (Tools and Tips for Having Conversations Surrounding Mental Health)
- Bornthisway.foundation (Lady Gaga's Youth Mental Health Organization)

For more information, reach out to Becca Lane, Youth Education & Outreach Manager at NAMI Philadelphia beccalane@namiphilly.org





**The Children's
Advocacy Project**

<http://www.cap4kids.org>

Grieving/Youth Violence Resources

• **GRIEVING/YOUTH VIOLENCE RESOURCES** •

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Children's Crisis Treatment Center

Provides high quality mental health services to Philadelphia's children and their families. Programs include: outpatient mental health services; post-traumatic assistance for children who have experienced a severe emotional trauma; family support; and WRAP around services- 1080 North Delaware Avenue, Suite 600- 215-496-0707, ask for intake.

www.cctckids.org

Uplift Center For Grieving Children

Uplift Center for Grieving Children provides free peer support groups to children ages 5-18 and their caregivers who have experienced the death of someone close to them. Uplift helps children grieving a death heal and grow through their grief, while strengthening families, communities, and professionals' understanding of how best to respond to their needs. Peer support groups are located in various locations across the city and within schools and community groups. The main location is 3300 Henry Ave, Suite 102, Phone number 267-437-3123. www.upliftphilly.org

We Can Heal from Trauma

Great resource from Healing Hurt People on healing from trauma. Click here to begin to heal <https://www.wecanhealfromtrauma.org/>

National Child Traumatic Stress Network

Great info for families who have experienced trauma or loss. www.nctsn.org/audiences/families-and-caregivers

Peter's Place

Peter's Place aims to provide a safe and supportive environment for grieving children and families and acts as a community resource to foster understanding of the effects of death and grief. Click [here](#) for great handouts on death/grieving. 336 King of Prussia Road, Radnor, PA 19087

610.687.5150

www.petersplaceonline.org

UNITE, Inc Grief Support

UNITE offers grieve support to families after miscarriage, still birth or infant death. Please go to their site for locations and details here unitegriefsupport.org or call 484- 758-0002

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The Dougy Center for Grieving

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. A national website with lots of great resources fro grieving families. www.dougy.org

Sesame Street Grieving Resources for kids

Great site to help families with grief. Click www.sesamestreetincommunities.org/topics/grief for help.

Final Farewell

Final Farewell provides financial assistance, advice and guidance to grieving families from all religions and backgrounds so they may provide an affordable and decent funeral for their loved child. Call 215 870-8110 or go to www.finalfarewell.org

Bereavement Support Services

Through the Philadelphia Department of Public Health, offers bereavement counseling and/or referrals to appropriate resources for parents who have experienced a late fetal loss or the death of an infant or child. Call 215-685-7411 for help. <http://www.phila.gov/health/medicalexaminer/BereavementSupport.html>

Penn Center for Youth and Family Trauma Resopnse and Recovery

The Penn Center for Youth and Family Trauma Response and Recovery (CYFTRR) offers the most effective treatments for children, adolescents and their families who are suffering from symptoms of traumatic stress and other difficulties after exposure to violence, crime and abuse. 3535 Market Street or Hall Mercer at 245 South 8th Street. Call 215-829-7271 or 215-829-6463
www.med.upenn.edu/traumaresponse

After the Injury

Website to help children recover from physical and emotional injury and trauma.
www.aftertheinjury.org

Intensive Prevention Services

Intensive Prevention Services is an early intervention program for children and adolescents ages 10-17 years old who demonstrate high risk behaviors or at risk behaviors. This site based program provides after school programming, community service opportunities, mentoring, recreational activities, work preparation programs, social and emotional skills building, and family therapy. Address: 2700 N. 17th Street, Suite 200 Lehigh Pavilion Philadelphia, PA 19132
Phone number: 215-940-0550. <https://www.paan1989.org/>

Up The Block Resources for those Affected by Gun Violence

Click here if you have been affected by gun violence or are looking for resources for violence prevention and healing www.uptheblock.org/en/

PHILLY TRUCE APP

The PHILLY TRUCE APP puts Philadelphians with knowledge of potentially violent conflicts in direct contact 24/7 with trained mediators. Click here to download www.phillytruce.com

Families of Murder Victims (FMV)

Families of Murder Victims (FMV) is a victim advocacy and services program specifically for family members and friends of a homicide victim, regardless of the status of the case. The following services are provided, free of charge, to co-victims of violence:

- Emotional & crisis support
- Information on police and court proceedings
- Court accompaniment at court proceedings
- Assistance in obtaining protection orders
- Referrals to other agencies for additional services such as emergency food, shelter, home repairs, etc.
- Assistance in filing for Victim Compensation Assistance
- Assistance in registering for Victim Notification
- Support writing victim impact statements

If you are interested in receiving services through FMV, please call (215) 686-8033.

<http://avpphila.org/families-of-murder-victims/>

Anti-Violence Partnership (AVP)-Counseling Center

At the AVP Counseling Center, counseling is provided, free of charge, to adult and child co-victims of homicide and victims who have been traumatized by other forms of violence. AVP's licensed counselors have specialized training and experience in assisting [co-victims homicide](#) and victims of crime. 2000 Hamilton Street, Suite 300
Call 215-567-6776 for info.

<http://avpphila.org/counseling-center/>

Cease Fire Philadelphia

Call Cease Fire to stop violence from happening 215-913-6917. Go to www.philaceasefire.com to learn more.
