

IMMEDIATE RELEASE:

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The Sandy Hook Elementary School Tragedy **NAMI Statement Includes Trauma Resources**

COLUMBIA, MD., Dec. 17, 2012 -- The National Alliance on Mental Illness of Maryland [NAMI Maryland](http://www.namimd.org) has issued the following statement which includes recommended links to trauma resources for families:

“Like other Americans, NAMI is horrified and saddened by today's tragedy at Sandy Hook Elementary School. We extend our sympathy to their families and to all who knew and loved them.

It is extremely important that the Newtown, Conn. community be prepared to provide trauma services and resources to all those affected by the tragedy. Our national community must do so as well. The tragedy will inevitably leave an impression on many children. Parents and caregivers throughout the country will need to reassure them.

American Psychiatric Association [recommendations](#) include:

- Create an open and supportive environment where children know they can ask questions.
- Give honest answers and information. Use words and concepts they can understand.
- Help children to find ways to express themselves and to know that people are there to help.
Remember also that children learn by watching parents and teachers react and listening to their conversations.
- Don't let children watch too much television with frightening repetitious images.
- Monitor for physical symptoms such as headaches, stomach aches or other pains.

Additional resources are also available from the Center for the Study of Traumatic Stress ([CSTS](#)), the University of Maryland Center for School Mental Health ([CSMH](#)) and the U.S. Substance Abuse and Mental Health Services Administration ([SAMHSA](#)).

When tragedies occur, no matter what their nature or cause, national, state and local communities must come together to find out what went wrong and to take steps to ensure it does not happen again. We expect such scrutiny to occur in days and weeks ahead. It is a time to mourn and pray for the victims of a senseless act and for their survivors. As a nation, we must reassure each other."

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About NAMI Maryland

NAMI Maryland is a grassroots organization dedicated to education, support and advocacy for persons with mental illnesses, their families and the wider community. Our mission is to improve the quality of life for individuals with mental illnesses and their families. For more information go to www.namimd.org or call 1.877.878.2371.