



FOR EVERYONE IN NASHVILLE AND THE SURROUNDING AREAS,
THE COVENANT SCHOOL TRAGEDY AFFECTED ALL OF US.

It's OK Not to Feel OK.

Are you experiencing anxious thoughts, anger, fear, sadness, or other strong, disruptive feelings? You are not alone and help is available.

Family and Children's Services is available to help and connect you and your child to counseling and other resources in the community. They are available 24/7 at (615) 244-7444. To learn more please visit: <https://www.fcsnashville.org/counseling-and-crisis-services/>.

The **Nashville Children's Alliance** is providing free support groups for parents/caregivers, adolescents, and children each Wednesday beginning on April 5th from 5:30-6:30. Please RSVP to gina.crean@nashvillechildrensalliance.org.

Transcend is a free app developed by the National Mass Violence Victimization Resource Center to help users identify and respond to common impacts following a mass violence event. The app is available for download for both Apple and Android users.

Are you interested in supporting those directly impacted at Covenant School? Financial donations are being accepted at **The Community Foundation of Middle Tennessee**. Please visit them at <https://www.cfmt.org/covenant>.

A fund that will support both the needs of the Covenant community and the needs of first responders, including assistance for their mental health, has also been established. You may give at <https://www.cfmt.org/giving-and-investing/become-a-donor/give-to-a-fund/friends-of-covenant-and-our-nashville-first-responders-fund/>

Please be aware that scams are possible during this time. If you are unsure of an organization, please reach out to **Tennessee Voices for Victims** at 615.390.5202 or valerie.craig@tnvoicesforvictims.org for more information.