



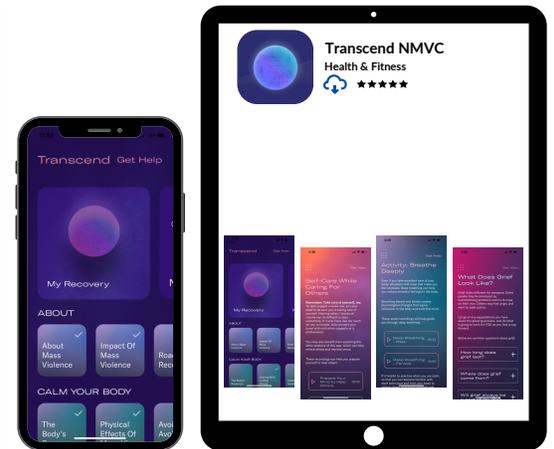
# NMVC

National Mass Violence Center

Providing Resources to Victims,  
Survivors, & Those Who Serve Them

## TRANSCEND NMVC APP

We developed this FREE app to help those who have been affected by mass violence. It was designed to help reduce the risk of developing problems and enhance recovery if you are already experiencing problems.



### HOW CAN I FIND THE APP?

From a smart phone or tablet, download the Transcend app from the Google Play Store or Apple Store.



### HOW DO I GET STARTED?

Once you create your account, you can get started in one of two ways:

- The "Personalized Recovery Plan" option: If you select this option, you will be asked to complete a brief assessment. Once completed the app generates a recovery plan that addresses your specific needs.
- The "Explore on Your Own" option: You can choose to navigate the app on your own. If you opt out of the assessment, you will go to the main dashboard to explore what's most interesting to you.

### THE TRANSCEND NMVC APP:

- Provides information about common reactions to mass violence, crime, and other highly stressful events
- Guides you through state-of-the-art help strategies to reduce the risk of stress-related behavioral health problems and promote recovery if you already have problems
- Connects you with access to victim/survivor services, financial, legal, and mental health resources

### WHAT ARE SOME TOPICS COVERED?

#### **CALM YOUR BODY**

Highlights the impact of mass violence on your body and provides ways to promote relaxation, sleep, and physical well-being.

#### **EASE YOUR MIND**

Explains how mass violence can affect the way you think and strategies to ease your stressed mind.

#### **COPE WITH LOSS**

Provides coping strategies and activities to help those who are grieving a loss.

#### **HELP OTHERS**

Provides information and strategies about how to help survivors of mass violence.



<http://nmvrc.org>