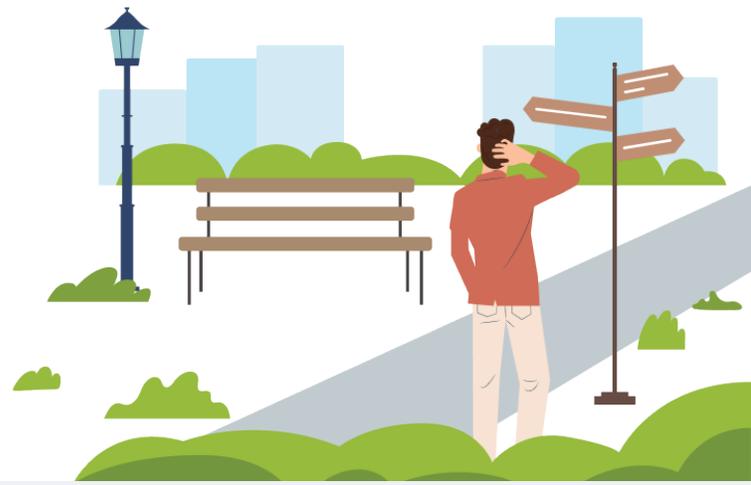




# Virtual Resiliency Center

[massviolence.help](https://massviolence.help)

Provides resources to help individuals and communities recover from mass violence.



- Bridges the gap between a mass violence incident and establishment of a physical resiliency center.
- Videos of survivors and victim service experts sharing their insights and experiences.
- Opportunity for communities to have a dedicated page on the site for local information.
- Evidence-based resources and methods proven to help the recovery process.

## WHAT TOPICS ARE COVERED?



### Victim & Social Services

Provides information about rights and services for mass violence victims and survivors.



### Social Connection & Empowerment

Explains the effects of trauma on confidence & relationships and the benefits of social and peer support.



### Health & Wellness

Discusses essential skills and strategies to prioritize self-care and wellness for recovery from trauma.



### Managing Grief & Trauma

Aids in understanding trauma reactions and ways (good and bad) they might be managed.

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# NMVC

National Mass Violence Center  
Providing Resources to Victims,  
Survivors, & Those Who Serve Them