



Suicide After Surviving Mass Trauma Isn't Inexplicable. And There Are Ways to Help.

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[NBC News](#) [1]

People who have experienced trauma often need long-term support to recover, say experts. Traumatic events, such as mass shootings, can have a lasting effect on anyone connected to the event—not just immediate bystanders. Experts recommend that communities develop systems to ensure individuals and families have support after such events. It is especially important that survivors have access to mental health services to help them process complex emotions, such as grief and guilt. People feel less alone when they can safely disclose their thoughts and feelings to someone who validates what they are going through, said trauma specialist Ghislaine Boulanger.

Spark Extra! Read [guidance for educators on anniversaries of traumatic events](#) [2].

Links within this resource

[1] <https://www.nbcnews.com/think/opinion/suicide-after-surviving-mass-trauma-isn-t-inexplicable-there-are-ncna987721>

[2] <https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/anniversaries-of-traumatic-events-guidance-for-educators>

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