

# IT'S OK NOT TO FEEL OK.

FOR EVERYONE IN NASHVILLE AND THE SURROUNDING AREAS,  
THE ANTIOCH HIGH SCHOOL TRAGEDY MAY HAVE IMPACTED YOU TOO.  
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/>.

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The **Nashville Children's Alliance** is providing free mental health/emotional support for minors impacted by the incident at Antioch High School. Please contact Ellie Teeter at 615-327-9958 or at [ellie.teeter@nashvillechildrensalliance.org](mailto:ellie.teeter@nashvillechildrensalliance.org). Services are available in both English and Arabic.

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**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.

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

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Please be aware that scams are possible. If you are unsure of an organization, please reach out to **Tennessee Voices for Victims** at 615.390.5202 or [valerie.craig@tnvoicesforvictims.org](mailto:valerie.craig@tnvoicesforvictims.org). For the most up to date resource information, please visit [www.tnvoicesforvictims.org/mass-tragedy-support/](http://www.tnvoicesforvictims.org/mass-tragedy-support/).