

INT. N/A

VOICEOVER below plays over a montage of quotes from the 2019 New York Times article: 'You Can't Put It Behind You': School Shootings Leave Long Trail of Trauma *

- "Little things **trigger me** that I wouldn't think trigger me." - Kelly Plaur, Parkland shooting survivor.

- "It is difficult, getting out of bed and going back to school every day. **It's so hard walking by it every day.**" - Alex Wind, Parkland shooting survivor.

- "We put ourselves, the physically uninjured survivors, at the bottom. **We think we should just suck it up and move on.**" - Lisa Hamp, Virginia Tech shooting survivor.

VOICEOVER

180 schools in the U.S. experienced a shooting between 2009 and 2019.

For many survivors, the impact lasts far beyond the tragic events.

These affected students report symptoms of PTSD such as unexpected new triggers and increased anxiety. And even those who haven't experienced a shooting report fear over the possibility that one could occur at their own school in the future.

It can make returning to school seem almost unthinkable.

The following VOICEOVER plays over one last quote and a swell of HOPEFUL MUSIC:

- "**You can't let the shooting define your whole life.** But you can't put it behind you." - Hollan Holm, Heath High School shooting survivor.

VOICEOVER (CONT'D)

But there is help available to these students thanks to mental health services and nationwide efforts to reduce gun violence.

Transition to images featuring SANDY HOOK PROMISE:

VOICEOVER (CONT'D)

Founded by family members of victims of the Sandy Hook Elementary School shooting, the Sandy Hook Promise provides helpful guides and support networks for students and families healing from gun violence-related trauma.

Transition to images featuring TOGETHERWELL:

VOICEOVER (CONT'D)

And at TogetherWell, our professionally guided, virtual workshops provide free and low-cost support to people struggling with trauma and anxiety. You can even request a workshop on processing the effects of gun violence, or on any other subject you might need.

Healing is possible with adequate and accessible mental health care. Visit TogetherWell.org to learn how to request a virtual wellness workshop catered toward your needs today.