



Gun Violence Prevention Resources

Gun violence is a form of community violence that can affect everyone, including youth, families and entire communities:

- In 2020, gun violence was the leading cause of death among children and teenagers in the U.S., overtaking motor vehicle accidents.
- In 2020, homicide was the leading cause of death among New Yorkers ages 15 to 24.
- About 66,000 NYC children live in a ZIP code where they are chronically exposed to gun violence, which increases their risk of experiencing gun violence and negatively impacts their ability to thrive (grow and develop well).¹

Gun violence can impact people both physically and emotionally as well as in both the short and long terms. Exposure to gun violence can affect students' performance and well-being in schools. Research also shows that community exposure to gun violence is associated with an increased risk of developing chronic diseases.²

The NYC Department of Health and Mental Hygiene is committed to reducing community gun violence. Strategies you can use to be aware of and help reduce violence in your community may include:

- **Community engagement:** Get involved in community initiatives that address violence prevention, such as local advocacy groups that promote youth mentorship.
- **Crisis intervention resources:** Access crisis hotlines, mental health services and support groups to get comfort and support during challenging times. Share crisis intervention resources with others who might need them.
- **Conflict resolution skills:** Learn conflict resolution techniques to de-escalate tense situations and promote peaceful resolutions. Put them to use to prevent conflict.
- **Bullying prevention:** Recognize and address bullying behavior to create a supportive and inclusive environment for youth.
- **Healthy coping mechanisms:** Learn about and promote healthy outlets for stress and anger management, such as mindfulness practices, physical exercise and creative expression.
- **Internet safety education:** Learn about online safety to navigate the potential risks of cyberbullying and online violence.
- **Parent-child communication:** Foster open and supportive communication with children, encouraging discussions about feelings, concerns and experiences related to violence and safety.

¹ Braganza G, Brandes A, Guzik J. The ripple effect of firearms: How families, communities, and society in the U.S. are affected by firearms. United Hospital Fund. March 2023. https://media.uhfnyc.org/filer_public/e3/67/e3675f6c-2f6a-4530-a1f4-5bc54e90f57e/ripple_effect_of_firearms_chartbook_report.pdf

² Centers for Disease Control and Prevention. About community violence. April 24, 2024. Accessed June 3, 2024. <https://www.cdc.gov/community-violence/about/index.html>

- **Taking a mental health first-aid course:** Learn how to ensure the safety and security of people dealing with a mental health crisis could help prevent violence.
- **Starting or supporting gun buyback programs:** Reduce the number of guns in your community to reduce the chances of encountering gun violence.
- **Safe gun storage:** Store guns locked and unloaded in a tamper-proof locked cabinet, box, safe, firearm vault or storage case that children or other unauthorized adults cannot access. Use trigger locks or cable locks to prevent a gun from firing. Store and lock ammunition separately from guns in a separate, tamper-proof locked cabinet, safe, firearm vault or storage case that children or other unauthorized adults cannot access.

To learn more about:

- **School-located mental health supports,** visit the NYC Department of Education’s (DOE) Find a School website at schoolsearch.schools.nyc, search for and click on a school name, and open the Mental Health and Wellness drop-down to view resources and supports.
- **Project Pivot,** the NYC DOE’s program to help students achieve academic success and improve their social and emotional well-being, visit nyc.gov/content/getstuffdone/pages/project-pivot.
- **988,** NYC’s mental health and substance use support service, call or text 988 or chat online at nyc.gov/988. It is free, confidential and available 24/7 in more than 200 languages.
- **Family support-related services,** visit the NYC Department of Youth and Community Development’s website at nyc.gov/dycd and search for [family support](#).
- **NYC’s neighborhood-specific Action Centers and Health Centers** in North and Central Brooklyn, East Harlem and the South Bronx, visit nyc.gov/health/actioncenters.
 - Our [Bedford Health Center](#) and [Bushwick Health Center](#) locations offer an eight-hour, in-person course on mental health first aid, which teaches the skills needed to identify, understand, and respond to signs of mental health and substance use challenges and crises. After completion of the course, participants will receive a three-year certification in mental health first aid. To register, visit throop485.timetap.com or call 646-703-1164 in Bushwick or 718-637-5271 in Bedford-Stuyvesant.

In addition, you can get involved with your community by:

- Supporting local efforts to reduce community violence
- Engaging with organizations in your community that know and serve your neighborhood
- Voting in elections and communicating with your elected officials
- Attending community board meetings, meetings in your residential building or NYC Police Department council events

For more information on City initiatives and community-based interventions, visit nyc.gov/health and search for [community violence](#).