COMMUNITY VIOLENCE: SUPPORT AND RESOURCES

When violent incidents such as mass shootings occur, you may experience a variety of emotions, including shock, grief, numbness, fear, or anger. Multiple shootings covered over a short period of time in the media can make emotional recovery more difficult. When shootings are motivated by hate toward specific groups, members of the targeted groups are particularly impacted. Below are resources and suggestions to care for yourself and others in the aftermath of community violence.

**Guidance for All**

- Acknowledge your thoughts and emotions. It is common to experience a wide range of emotions following a violent event. Avoid self-talk about what you “should” be feeling.
- Identify and attend to the things in your scope of influence. Focus on things you can impact most directly and positively.
- Set boundaries for social media and news consumption. Staying informed can be important but avoid overexposure.
- Connect with your community members. Connectedness promotes physical and mental health.
- If you have them, seek support from your faith-based resources.
- Minimize toxic interactions.
- Eat healthy foods.
- Be physically active, within the scope of your abilities.
- Get sleep.

**Guidance for Targets or Witnesses of Violence**

If you become the target of or a witness to violence, please consider the below suggestions for the moments immediately after the incident and in the days that follow.

- Get medical help, if needed.
- Document the details of the incident.
- Make a report.
- Get emotional/psychological support.

**Guidance for Supervisors/Managers - Supporting Employees**

- Acknowledge the event.
- Acknowledge the pain employees might be experiencing.
- Offer and demonstrate flexibility with work schedules and deadlines.
- Create a space for open and safe dialog.
- Ask “How can I help and support you?”
- Listen.
- Provide support and resources.

Washington State EAP is accessible, free, and confidential. Contact us today at 877.313.4455 or eap.wa.gov
Resources for Targets and Witnesses/Bystanders

- VictimConnect Resource Center – referral helpline, call or text 1-855-4VICTIM (855 484-2846)
- Right to Be – resources and bystander training

Emotional/Mental Health Resources

- Washington State Employee Assistance Program – the EAP is available 24/7 at (877) 313 - 4455
- A Mindful State – a collaboration between Department of Health, civic leaders, providers and non-profits
- Black, Indigenous & People of Color Mental Health Resources – National Alliance on Mental Illness (NAMI)
- LGBT National Help Center – provides peer support, community connections and resource information
- National Alliance on Mental Illness – education, support and advocacy
- National Asian American Pacific Islander Mental Health Association – promotion of mental health

Advocacy Resources

- Black Lives Matter – eradicate white supremacy and intervene in violence by the state
- Human Rights Campaign – advocacy for LGBTQ+ rights
- The Leadership Conference on Civil and Human Rights – promote and protect civil and human rights
- National Center for Transgender Equality – advocates for understanding and acceptance of transgender people
- National Urban League – civil rights and urban advocacy
- Northwest Immigrant Rights Project – promotes rights through legal services, advocacy and education
- US Commission on Civil Rights – inform civil rights policy and enhance federal civil rights laws
- Washington State Human Rights Commission – discrimination prevention and elimination

Traumatic Event and Disaster Resources

- Coping With Grief After Community Violence (SAMHSA)
- Community Violence: Reactions and Actions in Dangerous Times (NCTSN), Tip sheet
- Mass Violence Resources (National Child Traumatic Stress Network, NCTSN)
- Disaster Distress Helpline (SAMHSA), Crisis counseling for natural and human-caused disasters

Crisis Support

- 988 Suicide and Crisis Lifeline – call 988
- Crisis Connections, 24-hour crisis line, call 866-427-4747
- Crisis Text Line – to connect with a crisis counselor, text “heal” to 741741
- Trans Lifeline – trans peer support for the community, call 877-565-8860
- The Trevor Project – 24/7 information and support to LGBTQ youth