

Coping with Community Violence

Following an incident of community violence, such as a shooting in a public place, it is not uncommon for individuals and their communities as a whole to experience grief and anger.

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. Most people will experience a natural occurrence of grief after the death of a loved one, but grief and anger can be the result of other types of losses. In situations of community violence, people may experience the loss of their sense of safety, their trust in those who live in their neighborhood, or their trust in local government. The trauma and grief of community violence can be experienced by all involved.

If you, or any of your dependent family members, has been affected by an incident of community violence, Workplace Solutions can help with professional counseling, referrals, and assistance on these topics and more:

- Coping with fear, anxiety and other difficult emotions
- How to support children, friends and other loved ones
- Resilience and self-care strategies

For additional resources on coping after an incident of community violence, please click on the following links:

- [Individual's Reactions to Traumatic Events](#)
- [Coping with Trauma: How Families Can Be Supportive](#)
- [Coping with Grief After Community Violence](#)
- [Coping with Crime Victimization](#)
- [Coping with Crisis in the Media \(Part 1\)](#)
- [Coping with Crisis in the Media \(Part 2\)](#)
- [CDC: Coping with a Disaster or Traumatic Event](#)

Preparedness Resources

- [Active Shooter: How to Respond](#)
- [Active Shooter: Training and Preparing Your Staff](#)
- [Active Shooter: Actions to Take \(Video\)](#)
- <https://www.ready.gov/public-spaces>

SAMHSA Disaster Distress Helpline

The Disaster Distress Helpline is a 24/7, 365-day-a-year national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

- Nationwide hotline: 800-985-5990
- Text "TalkWithUs" to 66746
- <https://www.samhsa.gov/find-help/disaster-distress-helpline>

If you feel the need for additional support, reach out to Workplace Solutions EAP (your Employee Assistance Program) for confidential, professional guidance at [800-327-5071](tel:800-327-5071). For more information on this topic and other related resources, visit our website at www.wseap.com, click log-in and enter access code [Publicis](#).