



# Help Starts Here.

Washington State Employee Assistance Program

## MASS SHOOTINGS: SUPPORT AND RESOURCES

Mass shootings impact our sense of safety and well-being and take a toll on our mental and physical health. Multiple shootings occurring over a short period of time make emotional recovery more difficult and less stable. Current coping might not feel sufficient when times are more challenging.

In response to recent mass shootings events and to support employees, the Washington State EAP offers the below suggestions and resources. Their inclusion is not intended to reflect a particular importance over other resources, nor is the intent to endorse any views expressed or products or services offered.

### Some Suggestions and Tips for the Days Ahead

- **Acknowledge your thoughts and feelings.** 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 the things you can impact most directly and positively.
- **Take a break from – or at least minimize – social media and news consumption.** Staying informed can be important, but avoid overexposure.
- **Minimize toxic interactions.** Reduce the effect of negative, stress-inducing relationships.
- **Practice mindfulness.** Be aware of what you sense and feel, while putting judgment aside.
- **Engage in healthy behaviors.** Eat well. Get sleep. Be physically active to the best of your abilities.
- **Seek out and use supportive resources.** Ask for support and help from the people, places and things that are helpful to you.

### Resources on the Web

- [Mass Violence Resources](#) (National Child Traumatic Stress Network, NCTSN)
- [Disaster Distress Helpline](#) (SAMHSA), Crisis counseling for natural and human-caused disasters
- [Coping With Grief After Community Violence](#) (SAMHSA)
- [Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#) (SAMHSA), Tip sheet
- [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#) (SAMHSA), Tip sheet
- [Community Violence: Reactions and Actions in Dangerous Times](#) (NCTSN), Tip sheet



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## MASS SHOOTINGS: SUPPORT AND RESOURCES (continued)

### Statewide and County Resources

- [Washington Recovery Helpline](#) (for mental health, substance use or gambling challenges)
- [County Crisis Lines](#) (available for all people in Washington, regardless of income or insurance)

### Special Considerations

#### *Mental Health Crises*

The below resources provide support when you or someone you care for is in crisis.

- [National Suicide Prevention Lifeline](#) – call (800) 273-8255
- [Crisis Text Line](#) – to Connect with a Crisis Counselor, text “Heal” to 741741
- [National Alliance on Mental Illness – Washington](#), 24/7 crisis line text NAMI to 741741

#### *Substance Use*

Stress can result in unhealthy ways of coping, including alcohol and substance use. Below are some resources to get support.

- [Alcohol and Substance Use](#) (CDC)
- [Rethinking Drinking](#) (National Institutes of Health)