



Find emotional support after a shooting

Free crisis line provides counseling, education and resources

Many people are following the heartbreaking news regarding the recent shooting. If you're one of them, it may be some time before you fully process the impact of this event. We understand this and want you to know you don't have to recover alone.

Call our free crisis line at **833-848-1762** to connect with a trained, caring professional. Or check out the following information that may help on your journey after a traumatic event.

It's common to have certain responses

As details continue to emerge regarding this tragedy, it's normal to experience a variety of reactions, emotions and concerns. These tips may be helpful to remember when trying to sort through it all:

- Anyone who sees a tragedy can be touched by it
- Each person has different needs and ways of coping
- It's normal to feel anxious about personal and loved ones' safety
- Profound sadness, grief and anger are common reactions to an abnormal event
- Acknowledging feelings can help with recovery and mental processing
- Focusing on strengths and abilities of yourself and others can help with healing
- It's healthy to accept help from community programs and resources

Support is available

If you'd like to discuss your reaction to this tragedy with caring professionals, call the New Directions toll-free crisis line any time of day at **833-848-1762**. This service is free, open to anyone and available as long as needed. No insurance or relationship is required.

CRISIS LINE AVAILABLE 24/7/365
833.848.1762