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Macomb County Community Mental Health (MCCMH) would like to share some mental health tips for managing the stress or trauma associated with the tragic incident in Uvalde, Texas. We also encourage you to reach out to us, or others, for services and support. **The MCCMH Crisis Line is available 24/7, call 586-307-9100.**

Tips for Parents:

- **Acknowledge what happened.** If your child is talking or asking about traumatic events, it is important for the caregivers / loved ones in their life to acknowledge what happened, be supportive, and provide age-appropriate information.
- **Engage with older children.** Approach older youth who have seen the news or videos on social media. Talk about what they know, and encourage them to express their thoughts and feelings about what happened.
- **Recognize the effect this has on your child.** Talk to your child about their thoughts and concerns, and their feelings and viewpoint. Adults listen to their children’s concerns and validate them, not minimize or diminish them.
- **Help your child to feel safe.** Maintaining a sense of normalcy and routine helps promote a child's feelings of safety and structure. Discuss whatever positive aspects can be found in the event, such as the quick police response and how community members and citizens across the country are coming together to support those affected.

Tips for Adults:

- **Everyone experiences and processes events and trauma in different ways, and whatever they think or feel after an event is okay.** Some people respond with fear, some anger, some with shock, or sadness. Encourage people to talk about what they are thinking and feeling. Seek support from friends, family, or professionals if necessary.
- **Try to resume routines as soon as possible,** to provide consistency and balance and reduce fear and anxiety.

About MCCMH: Macomb County Community Mental Health (MCCMH) provides a wide variety of mental health wellness, treatment and support services to adults and children. MCCMH operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. To learn more about MCCMH and the services offered, visit our website at www.mccmh.net.

