



Resources for Coping with Gun Violence

Dealing with the aftermath of gun violence (mass shootings, homicide, violent crime, attempted suicide, suicide, or unintentional death and injury) can be overwhelming, but you don't have to do it alone. **MCCMH is here to help.**

There is no one-size-fits-all approach to coping with gun violence, but here are some strategies that may help:

- **Talk** with a trusted friend, family member, therapist, or support group about your feelings.
- **Limit exposure to news and social media** by setting boundaries and taking breaks.
- **Honor your emotions** because feeling stressed, sad, anxious, or scared is common after a traumatic event.
- **Prioritize self-care** by engaging in healthy activities, such as yoga and meditation, to reduce stress and anxiety.
- **Avoid alcohol or drugs** because they can heighten your emotions rather than help you reduce stress.

If you or someone you know is experiencing a mental health crisis, call the MCCMH Crisis Line at **586-307-9100** for 24-hour support 7 days a week.



How to Talk with Children About Gun Violence

Children may feel anxious or scared after experiencing gun violence. While we cannot protect them from the events occurring in the world, we can help them understand these situations so they can cope.

- **Reassure** children by letting them know they are safe. Validate their feelings and remind them that all feelings are okay when a tragedy occurs.
- **Encourage children to talk** about their concerns and to express their feelings. Young children may need other activities, like drawing or playing, to identify and share feelings.
- **Keep explanations developmentally appropriate** based on age.
- **Review safety procedures** both at school and at home.
- **Observe your child's emotional state.** Some children may not be able to verbally express grief and may need the help of a mental health professional.
- **Limit news and social media coverage** of the events.
- **Maintain a normal routine.** A regular schedule can help with healing and managing grief.