



Community Healing

How do people respond to tragic events?

A tragic event can deeply impact a community and cause emotional distress. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's "fight-or-flight" response, which helps us avoid or respond to potential danger. People may experience a range of reactions after trauma, including feeling anxious/sad, having trouble concentrating and sleeping, and continually thinking about what happened.

How can I help myself and my community heal?

Healthy ways of coping can help reduce stress and improve well-being. Here are some things you can do to help yourself and those around you:

- Reach out to a neighbor to connect
- Avoid the use of alcohol or drugs
- Spend time with trusted friends and relatives who are supportive
- Try to maintain routines for meals, exercise, and sleep
- Engage in exercise, mindfulness, or other activities that help reduce stress and invite others to join you
- Set realistic goals and focus on what you can manage
- Reduce the amount of news you watch and/or listen to that may replay the events
- Avoid making major life decisions as it can be harder to adjust directly after a disaster or tragic event
- Learn about self-care strategies and when to seek professional help
- Share these coping tips with those around you

When should I seek professional help?

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Difficulty concentrating
- Difficulty getting out of bed in the morning
- Changes in appetite or unplanned weight changes
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

Resources



The 988 Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call or text 988.



SafeUT is a crisis chat line for students, parents, frontline workers, and the National Guard—right from your smartphone, 24/7. Download the app at safeut.org