

For Immediate Release:

Support For Those Struggling In The Wake Of The Recent Mass Shootings

After the recent traumatic events in El Paso, TX and Dayton, OH it seems important for us to remind people that it is normal to feel grief and emotional distress when hearing about and discussing these and other similar events. In this day in age, where the TV and Internet bring us closer, we can be significantly impacted by events hundreds and even thousands of miles away from our homes. We cannot stress enough the importance of checking in with each other and yourself as the information coming through on 24 hour news cycles can be overwhelming for any of us. There are numerous resources that are there to provide you or your loved ones with support to get through these traumatic times.

- **Disaster Distress Helpline.** Call 1-800-985-5990 or text “TalkWithUs” to 66746 or TTY 1-800-846-8517 to connect with a trained crisis counselor. This 24/7, 365-day-a-year, multilingual and confidential national hotline is dedicated to offering immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Available to all U.S. residents and its territories.
- **National Suicide Prevention Lifeline.** Call 1-800-273-TALK (8255) to speak with a trained crisis counselor.
- There are also mental health services available through any of Vermont’s 10 Designated Agencies. More information can be found here: <https://mentalhealth.vermont.gov/individuals-and-families/designated-and-specialized-service-agencies>.
- **Crisis Text Line.** Text “VT” to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
- **NAMI HelpLine.** Call 1-800-950-NAMI (6264) M-F 10 a.m.-6 p.m., ET for free mental health information, referrals and support.
- **The Pathways Vermont Support Line** is a free, confidential resource for Vermonters seeking support. They provide nonjudgmental, peer-to-peer support by phone at 833-VT-Talks
- For all of us, it is important to find a balance of being informed and taking care of our stress reactions. The American Psychological Association has a helpful guide to managing your distress in the aftermath of a shooting <https://www.apa.org/helpcenter/mass-shooting.aspx>.

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