



MACOMB COUNTY COMMUNITY MENTAL HEALTH

In light of the tragic events that unfolded over the weekend in Rochester Hills, MCCMH has compiled a list of resources to support you and your loved ones while navigating this difficult and uncertain time.

- 1. Crisis and Support Services:** If you or someone you know is in crisis following the events this past weekend, call the MCCMH crisis line at 586-307-9100, for 24 hour support 7 days a week. The National Suicide hotline is also available with a quick text or phone call to 988.
- 2. Parent Support Documents:** There are several resource documents specifically focusing on parent/child conversations. The National Child Traumatic Stress Network developed [guidelines](#) for helping youth following an active shooter incident.
- 3. Ongoing Mental Health Services:** The MCCMH customer service line is available during normal work hours Monday-Friday; if you or someone you love is experiencing non life threatening symptoms and would like to speak to a licensed professional we are here for you 855.99.MCCMH (855-996-2264)
- 4. Rebuild Resilience After Trauma:** After traumatic situations, such as an active shooter, it's important to ease your responses to any types of triggers that may reintroduce the effect of that day.
 - Minimize your exposure to triggers such as the news and other media outlets with amplified conversations around the incident. This will support your healing, allowing you to process during your own time.
 - Allow room for difficult emotions and give yourself permission to feel the emotions surrounding the event.
- 5. Navigating the Aftermath of a Community Tragedy:** Ulliance has compiled a list of [resources](#) and tips to help support families during such a devastating tragedy.

MDHHS also offers the Michigan Crisis and Access Line (MiCAL) in Oakland County. Residents can call or text 844-44-MICAL (844-446-4225) 24/7 for free behavioral health crisis triage, support, resource information and referral to local services. Chat is also available through Michigan.gov/MiCAL.

- To learn about speaking to your children about safety, visit www.HopkinsAllChildrens.org.
 - To learn about speaking to your children about violence, visit www.NaspOnline.org.
 - If you or a loved one is concerned about suicide, call 800-273-8255 or visit www.SuicidePreventionLifeline.org.
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Take steps below to speak with your children about violence and help them cope through tragedy:

- Reassure children that they are safe. Validate their feelings and let them know all feelings are okay when a tragedy occurs.
- Make time to talk. Be patient and let children guide how much information you share by the questions they ask. Young children may need other activities like drawing or playing to identify and express feelings.
- Keep explanations developmentally appropriate based upon age.
- Review safety procedures both at school and at home.
- Observe your child's emotional state. Note that children may not be able to verbally express grief and may need the help of a mental health professional.
- Limit television viewing of the events.
- Maintain a normal routine. A regular schedule can help with healing and aid in managing grief.



Tips for coping with the mental health impacts caused by a disaster:

- **Talk about Feelings with Friends and Family.** Talking about the way you feel and taking care of yourself by eating right, getting enough sleep, avoiding alcohol and getting some exercise can help to manage and alleviate stress.
- **Take Care of Each Other.** Check in with your friends and family members to find out how they feel. Feeling stressed, sad, or upset is a common reaction to life-changing events.
- **Learn to recognize and pay attention to early warning signs** of serious problems.
- **Know When To Seek Help.** Depending on their situation, some people may develop depression, experience grief and anger, turn to drugs and alcohol and even contemplate suicide.

Experiencing mass violence can cause:

- Excessive worry
- Frequent crying
- An increase in irritability, anger and frequent arguing
- Wanting to be alone most of the time
- Feeling anxious or fearful, overwhelmed by sadness, confused
- Having trouble thinking clearly and concentrating and difficulty making decisions
- Increased alcohol and/or substance use
- Physical aches, pains, complaints

Incidents of mass violence have a significant impact on many people's mental health whether they are survivors, witnesses, or exposed through media. Most individuals will experience some immediate reactions, including fear, anxiety and helplessness. Macomb County Community Mental Health is here for you.

