



Mental Health Resources

With news and media being so easily accessible, we are constantly exposed to tragedies that occur in our world every day. Our society, unfortunately, is subject to acts of hate and violence far too often. For many of you, these incidents of violence may feel far away, while for others it may be much closer to home. Either way, these incidents of hate can be very stressful on you and your family. Coping with the stress of community violence can be hard, especially as it feels so pervasive. Community Violence is defined as intentional acts of violence committed in public areas by individuals who are not intimately related to the victim. This can include individual and group violence such as bullying, gangs, and mass shootings. According to the World Population Review there have been over 2,100 mass shootings in the United States in these first five months of 2022.

After events such as these, many of you may be:

- **Questioning safety.** Community violence victims are typically people doing everyday activities. This could evoke fear or anxiety when performing your own daily tasks.
- **Looking for meaning.** In a world where such terrible things happen, it's quite normal to try to rationalize these acts of violence or attach a larger meaning to them. Violence like this can go against your moral, spiritual or religious beliefs, leaving you confused.
- **Worrying about loved ones.** Naturally we care about our family and friends, so tragedies like these can make us worry about their well-being and safety.
- **Having difficulty focusing.** It can be very hard to give your attention to other things in your life after an act of community violence. For some, they find it hard to think about anything else.

Here are some tips to help care for yourself during these times:

- **Allow yourself to feel whatever emotions arise.** After events like these, there is no right or wrong way to feel. You may notice yourself feeling angry, sad, fearful, worried, or even numb. Feeling numb does not mean you don't care; sometimes the body will "shut down" emotions as a way to cope in response to high frequency intense events.
- **Limit media intake.** Media coverage of community violence can be overwhelming. Take breaks from your phone/news. Though it's important to stay up-to-date on events, reduce how much you expose yourself to them.
- **Remember and connect with the community you have around you.** Your family, friends, and loved ones care about you and your well-being. Be sure to spend time with those you love as a way to unwind. Also, it may help to strengthen your sense of community by volunteering or participating in community activities.

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS AND](https://www.psychologytoday.com/us/therapists-and)

[HTTPS://WWW.THERAPYDEN.COM/](https://www.therapyden.com/)
*THESE "THERAPIST FINDERS" CAN SORT LOCAL PROVIDERS BY INSURANCE COVERAGE, "ISSUE," AND MORE, INCLUDING WHO MAY CURRENTLY ACCEPT NEW PATIENTS!
NATIONAL ALLIANCE ON MENTAL ILLNESS HELPLINE: 1-800-955-NAMI (6264) M-F 10A-10P ET

[HTTPS://CLINIC.UNC.EDU/](https://clinic.unc.edu/)
UNC PSYCHOLOGICAL SERVICES CLINIC
UNC CHAPEL HILL, CB#3270, DAVIE HALL, CHAPEL HILL, NC 27599-3270
919-962-6906; CLINIC@UNC.EDU
UNC'S DEPT OF PSYCH & NEURO COMMUNITY-BASED TRAINING CLINIC; OFFERS SPECIALTY CLINICS FOR CHILDREN, ADOLESCENTS, ADULTS, COUPLES AND FAMILIES

[HTTPS://PSYCHANDNEURO.DUKE.EDU/GRADUATE/CLINICAL CLINIC](https://psychandneuro.duke.edu/graduate/clinical-clinic)
DUKE PSYCHOLOGY CLINIC
DUKE UNIVERSITY, PSYCHOLOGY-SOCIOLOGY BUILDING, SUITE 312 DURHAM, NC 27708
919-660-5771
DUKE'S DEPT OF PSYCH & NEURO COMMUNITY-BASED TRAINING CLINIC; OFFERS SERVICES FOR ADULTS

[HTTPS://WWW.CCFHNC.ORG/](https://www.ccfhnc.org/)
CENTER FOR CHILD AND FAMILY HEALTH (CCFH)
1121 W. CHAPEL HILL ST., STE. 100. DURHAM, NC 27701
919-419-3474
SPECIALIZED SERVICES FOR YOUTH WHO'VE EXPERIENCED TRAUMA

[HTTPS://WWW.DUKEHEALTH.ORG/LOCATIONS/DUKE-CHILD-AND-FAMILY-STUDY-CENTER](https://www.dukehealth.org/locations/duke-child-and-family-study-center)
DUKE CHILD AND FAMILY CENTER (PAVILION EAST AT LAKEVIEW)
2608 ERWIN ROAD, SUITE 300 DURHAM, NC 27705
919-681-1100
COMPRISED OF SEVERAL SPECIALTY AND GENERAL CLINICS FOR CHILDREN/YOUTH

[HTTPS://LINCOLNCHC.ORG/?PAGE_ID=6418](https://lincolnchc.org/?page_id=6418)
BEHAVIORAL HEALTH CLINIC AT LINCOLN COMMUNITY CENTER
919-956-4057
OFFERS MENTAL HEALTH ASSESSMENT AND MEDICATION MONITORING FOR YOUTH AND ADULTS, AS WELL AS CARE COORDINATION (E.G., REFERRALS)

[HTTPS://WWW.TAPCLINICNC.COM/](https://www.tapclinicnc.com/)
TRIANGLE AREA PSYCHOLOGY (TAP) CLINIC
5726 FAYETTEVILLE RD, SUITE 101, DURHAM, NC 27713
919-237-3321, INFO@TAPCLINIC.COM
SPECIALIZES IN CONCERNS IN EMOTION REGULATION DIFFICULTIES AND RELATED OUTCOMES (E.G., IMPULSIVITY, SUICIDALITY/SELF-HARM, SUBSTANCE USE)

NEED SUPPORT RIGHT NOW?
CRISIS HOTLINES:
TEXT 741-741
CALL: 1-800-273-TALK (8255)
IF YOU OR A LOVED ONE IS IN IMMEDIATE DANGER **CALLING 911** AND TALKING WITH POLICE MAY BE NECESSARY. NOTIFY THE OPERATOR THAT IT IS A PSYCHIATRIC EMERGENCY AND ASK FOR POLICE OFFICERS **TRAINED IN CRISIS INTERVENTION** OR **TRAINED TO ASSIST PEOPLE EXPERIENCING A PSYCHIATRIC EMERGENCY.**

- **Do activities you enjoy.** Don't forget to have fun and enjoy yourself. Continue participating in activities that bring you pleasure such as art, sports, gaming and social events.
- **Continue healthy practices.** It is important to stick to your schedules for eating, sleeping and getting physical activity. Violence like this has a way of disrupting your life, so these routines can help keep your mind and body functioning properly.
- **Consider getting involved.** If a recent event has inspired you to get involved in your local community or political sphere, we encourage you to follow this feeling. Working to make a difference can provide you with a sense of purpose and help create meaningful change!

Tips adapted from this fact sheet from NCTSN: For Teens: Coping After Mass Violence(En Español)

Caregivers' Corner

In times of tragedy and violence, youth may be seeking answers and guidance on how to make sense of the world. As always, please review what we've written for them above. Caregivers are responsible for managing not only their own emotions surrounding mass violence, but assist their youth's emotional management as well. Below are some suggestions we on the STTAR team believe may be useful in navigating this sensitive space for both you and your youth.

For Adults

- **Try to understand your own emotions before speaking with your teen.** After incidents of community violence, you may have emotional reactions within the same range as your youth (sadness, fear, grief, numbness) but may find yourself with different experiences. Coming from a place of emotional groundedness may help your teen feel more grounded as well.
- **Provide space for yourself to cope with these events however is best for you.** This may be connecting with friends, family, or community events, or general time for joy.
- **Take breaks from media coverage.** Just as we recommend for youth, take time to disconnect from your phone/news to reduce your exposure to heavy content.
- **Reflect and determine your goals.** Consider what you want to accomplish after an event of community violence, whether that be healing, acknowledging, contributing or learning.

Tips adapted from this resource from NCTSN: Coping After Mass Violence: For Adults

For your Youth

- **Assure your teen** that their emotions are normal and validate them in any way you can.
- **Allow them to ask questions,** even if you don't know the answers. Creating an open space for questions and curiosity can help your teen (and you) think and talk through the events. You cannot guarantee safety but you can discuss and respond to their concerns.
- **Encourage them to limit their media intake.** Just like you, they may be tempted to stay on top of media coverage. Remind (and model for) them that it's healthy to take breaks from the news and updates.
- **Encourage them to have fun!** While being cognizant of the events in the world, also remember to help your youth have fun and do the things they enjoy. This is a great way for both of you to relieve stress and experience joy.

For more info, check out these resources from NCTSN about talking to your teen:

- Talking to Teens about Violence (En Español)
- Helping Teens with Traumatic Grief: Tips for Caregivers(En Español)

If you are also a caregiver of younger children, check out these resources:

- Talking to Children about the Shooting
- Talking to Children: When Scary Things Happen (En Español)
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers (En Español)
- Helping Young Children with Traumatic Grief: Tips for Caregivers (En Español)
- Guiding Adults in Talking to Children about Death and Attending Services
- After a Crisis: Helping Young Children Heal
- Age-Related Reactions to a Traumatic Event
- Once I Was Very Very Scared – children's book for young children
- After the Injury–website for families with injured children

Look out for our next newsletter where we talk about more on Racial Traumatic Stress with tips for teens & young adults, and those who support them. Meanwhile, be sure to check out the community resources BELOW!

Food and groceries

Wake County Public Schools Free Meals
<https://www.wcpss.net/food>

Durham County Public Schools Free Meals
<https://www.dpsnc.net/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=450&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=37720&PageID=1>

Orange County Food Resources
https://docs.google.com/document/d/1aTUcGgWmcu9sn30m_38XHkFQa_OHsmww4qDlmlq1BDw/edit

Chapel Hill/Carrboro Schools
https://docs.google.com/document/d/1uMqg908vvCFxBwtGIToltMveah7ToAYTP7Uq_ydwqSM/edit

TABLE
<https://tablenc.org/request-food/>

Food Bank of Central & Eastern North Carolina
<https://foodbankcenc.org/food-finder/>

Wake County Food Resources
<https://www.wakegov.com/covid-19-information/help-residents/food-resources>

No Kid Hungry NC
<http://nokidhungrync.org/covid19/>
- Text FOODNC or COMIDA to 877-877
to receive information about 3 drive-thru or pickup sites
with meals for kids closest to you
Wake County Public Schools Free Meals

Housing

Durham Continuum of Care (CoC)
<https://www.durhamcoc.org/coordinated-entry-intake.html>
Eviction Information: 216-965-5095

Durham Rescue Mission
<https://durhamrescuemission.org/covid19/>
o 919-688-9641

Orange County Partnership to End Homelessness
<https://www.ocpehnc.com/resources>

Urban Ministries of Durham
<https://umdurham.org/i-need-help.html>

Durham County Social Services
<https://www.dconc.gov/government/departments-f-z/social-services>

Orange County Social Services
<https://www.orangecountync.gov/378/Social-Services>

Wake County Social Services
<https://www.wakegov.com/departments-government/health-human-services>

Health and safety

Compass Center for Women and Families
<https://www.durhamcoc.org/coordinated-entry-intake.html>
o 919-929-7122

Durham Crisis Response Center
<https://thedcrc.org/>
o 919-403-9425

InterAct Family Safety and Empowerment Center
<https://interactofwake.org/>
o 919-828-7501

Orange County Rape Crisis Center
<https://ocrcc.org/>
o 866-935-4783 (call) , 919-504-5211 (text)

Freedom House
<https://freedomhouserecovery.org/>
o 919-967-8844 (Crisis Unit, Chapel Hill)
o 1-877-967-8844 (Mobile Service)

Suicide prevention lifeline: 1-800-273-TALK (8255)
Hope4NC Helpline: 1-855-587-3463
Crisis Text Line: Text HOME to 741 741