WASHINGTON STATE

Help Starts Here.

Washington State Employee Assistance Program

COMMUNITY CRISIS SUPPORT AND RESOURCES

Civil unrest and violence in our communities take a toll on an individual's emotional, mental, physical and spiritual well-being. When unrest and violence spill into work, the toll can be particularly heavy. To support employees as they cope with current events related to social and political unrest, the Washington State EAP offers the below resources. Their inclusion is not intended to reflect a particular importance over other resources, nor is the intent to endorse any views expressed or products or services offered.

Some Suggestions for the Days Ahead

- Acknowledge your thoughts and feelings
- Identify what is and what is not in your scope of influence
- Attend to the things in your scope of influence
- Set boundaries around social media and news consumption
- Minimize toxic interactions
- Practice mindfulness
- Eat healthy foods
- Be physically active
- Get sleep
- Seek out and use supportive resources

Statewide and County Resources

- Washington Recovery Helpline (for mental health, substance use or gambling challenges)
- County Crisis Lines (available for all people in Washington, regardless of income or insurance)

Resources on the Web

- Disaster Distress Helpline (SAMHSA), Crisis counseling for natural and human-caused disasters
- Coping With Grief After Community Violence (SAMHSA)
- Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event (SAMHSA), Tip sheet
- Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress (SAMHSA), Tip sheet
- Community Violence: Reactions and Actions in Dangerous Times (NCTSN), Tip sheet

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COMMUNITY CRISIS SUPPORT AND RESOURCES (Continued)

Special Considerations

Substance Use

Stress can result in unhealthy ways of coping, including alcohol and substance use. Below are some resources to get support.

- Alcohol and Substance Use (CDC)
- Rethinking Drinking (National Institutes of Health)

Mental Health Crises

The below resources provide support when you or someone you care for is in crisis.

- National Suicide Prevention Lifeline – call (800) 273-8255
- Crisis Text Line – to Connect with a Crisis Counselor, text "Heal" to 741741
- National Alliance on Mental Illness – Washington, 24/7 crisis line text NAMI to 741741