

## Coping with Community Violence

Experiencing or hearing about violence in your community can affect how safe, connected, and hopeful you feel. It is common for individuals and communities to experience grief, anger, fear, or uncertainty after these events. Your reactions are valid, and support is available.

### Common Reactions

After community violence, people may notice emotional, physical, or behavioral changes.

#### *Emotional reactions*

- Anger, frustration, or feeling on edge
- Overwhelming sadness or grief
- Feeling disconnected from others
- Loss of trust in institutions or community systems

#### *Physical and mental reactions*

- Difficulty sleeping or concentrating
- Low energy or fatigue
- Feeling anxious or worried much of the time
- Trouble adjusting to daily routines

These responses are common after traumatic events and may appear right away or develop over time.

### Ways to Support Your Well-Being

- Talk with people you trust who listen and respect your experiences
- Limit repeated exposure to distressing news or social media
- Spend time in places or with people that help you feel safe
- Move your body, eat regularly, and maintain daily routines
- Allow yourself to experience emotions without judgment

Everyone processes trauma differently. There is no “right” way to respond.

### Finding Safety and Connection

Finding ways to feel grounded can help during uncertain times. Community centers, faith communities, trusted leaders, and supportive relationships can provide stability and connection. Activities like listening to calming music, spending time outdoors, or practicing reflection can also help restore a sense of security.

### **Taking Meaningful Action**

Some people find healing through connection and collective support. Once you feel safe, you might consider ways to support your community, such as volunteering, participating in community conversations, or helping organize supportive spaces. These actions can strengthen connections and reduce feelings of helplessness.

### **When to Seek Support**

If your reactions feel overwhelming or begin to affect your daily functioning, reaching out for professional support can help.

Wyandot BN offers therapy, psychiatry, and crisis services for individuals and families. Support is available, and reaching out can be an important step.

If you or someone you know is in immediate distress, call **988** for the Suicide and Crisis Lifeline.