



# Help Starts Here.

Washington State Employee Assistance Program

## ASSASSINATION ATTEMPT / WHEN COMMUNITY VIOLENCE OCCURS: SUPPORT AND RESOURCES

When violent incidents occur, such as the recent assassination attempt against a former U.S. President, you may experience a variety of emotions, including shock, sadness, grief, numbness, fear, or anger.

Multiple and repeated viewings of the news coverage over a short period of time can make emotional recovery more difficult. When shootings are targeted toward specific individuals or groups, members of the targeted groups are particularly impacted.

Below are some resources and suggestions to care for yourself and others in the aftermath of tragic violence.

### Guidance for All

- Acknowledge your thoughts and emotions. It is common to experience a wide range of emotions following a violent event. Avoid self-talk about what you “should” be feeling.
- Identify and attend to the things in your scope of influence. Focus on things you can impact most directly and positively.
- Set boundaries for social media and news consumption. Staying informed can be important but avoid overexposure.
- Connect with your family, friends and / or community members. Connectedness promotes physical and mental health.
- Minimize toxic interactions.
- If you have them, seek support from faith-based resources.
- Eat healthy foods and try to get adequate sleep.
- Be physically active, within the scope of your abilities.
- Practice mindfulness meditations and / or calming exercises with your breathing.
- Engage with pets and be out in nature more often.
- If needed, get emotional/psychological support.

### Guidance for Supervisors/Managers - Supporting Employees

- Acknowledge the event.
- Acknowledge the emotions employees might be experiencing.
- Offer and demonstrate flexibility with work schedules and deadlines.
- Create a space for open and safe dialogue.
- Ask “How can I help and support you?”
- Listen.
- Provide support and resources.

Washington State EAP is accessible, free, and confidential.  
Contact us today at **877.313.4455** or **eap.wa.gov**



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## Emotional/Mental Health Resources

- [Washington State Employee Assistance Program](#) – the EAP is available 24/7 at 877.313.4455 or via email at [wastateeap@des.wa.gov](mailto:wastateeap@des.wa.gov)
- [A Mindful State](#) – a collaboration between Department of Health, civic leaders, providers, and non-profits
- [National Alliance on Mental Illness](#) – education, support, and advocacy
- [Black, Indigenous & People of Color Mental Health Resources](#) – National Alliance on Mental Illness (NAMI)
- [LGBT National Help Center](#) – provides peer support, community connections and resource information.
- [National Asian American Pacific Islander Mental Health Association](#) – promotion of mental health
- [Coping with Fear of Violence](#) (handout)

## Traumatic Event Resources

- [Coping With Grief After Community Violence](#) (SAMHSA)
- [Community Violence: Reactions and Actions in Dangerous Times](#) (NCTSN), Tip sheet
- [American Psychological Association – "Disaster & Terrorism"](#)
- [Substance Abuse and Mental Health Services Administration – "Types of Traumas and Violence"](#)
- [How to talk with your kids about politics in light of Trump assassination attempt](#)

## Crisis Support

- [988 Suicide and Crisis Lifeline](#) – call 988.
- [Crisis Connections](#) - 24-hour crisis line, call 866.427.4747.
- [Crisis Text Line](#) – to connect with a crisis counselor, text “heal” to 741741.
- [Trans Lifeline](#) – trans peer support for the community, call 877.565.8860.

## For Supervisors/Managers/HR/Leaders

- [Polarizing Politics: How Leaders Can Protect and Support Psychological Safety in the Workplace |](#)
- [How to Manage Political Expression at Work \(shrm.org\)](#)
- [Political Stress](#)
- [When Politics Comes to Work: 4 Ways HR Executives Can Promote Civility Amid Division \(shrm.org\)](#)
- [Supporting Your Employees During Hard Times: A Manager's Guide | UCSF Department of Psychiatry and Behavioral Sciences](#)
- [Politics in the Workplace: How Managers Can Keep the Peace](#)

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