

Mental Health Tips

Following Global Violence



HEALTH DIVISION
DAVID COULTER
OAKLAND COUNTY EXECUTIVE



Developmental Disabilities • Mental Health • Substance Recovery

Tips for Adults

- Be mindful to consider your amount of exposure to the news / media.
- Everyone experiences events and trauma in different ways and however they think or feel after an event like this is okay.
- Encourage people to talk about what they are thinking and feeling.
- Try to get back to routines and schedules to promote feelings of consistency and balance.
- Don't hesitate to ask for help from mental health professionals, especially if thoughts of self-harm or suicide arise.

Tips for Parents

- If a child is talking or asking about traumatic events, it is important for their caregivers / loved ones to acknowledge what happened, provide age-appropriate information, and be supportive.
- For older children with internet access, discuss content they may see and how to evaluate valid news sources.
- If your child has seen or heard something upsetting, ask to hear about it.
- Talk to your child about their thoughts and emotions as it pertains to the event and validate their feelings and concerns.
- Keep checking in. Remind your child you are there to support them.

To request evacuee assistance from U.S. Department of State, scan the QR code. If you are a victim of a hate crime, or have credible information about a hate crime, please contact the Department of Attorney General at 313-456-0180.



Suicide & Crisis Lifeline
Call/Text 988

Resources

Oakland Community Health Network

Non-Emergency Access: 248-464-6363
5505 Corporate Drive, Troy, MI 48098
oaklandchn.org | 248.858.1210

Oakland County Health Division

Nurse on Call: 800-848-5533
1200 N Telegraph Rd. Bldg. 34 E Pontiac, MI 48341
oakgov.com/health | 248.858.1280