



# Coping in the aftermath of a community tragedy

## Helpful tips and resources

In the aftermath of a community tragedy, you may be struggling to find answers to questions regarding why and how. These answers may always remain unknown or have an unsatisfying answer.

**After a traumatic event you may experience typical emotional responses such as:**

- Anger
- Disillusionment
- Fear
- Anxiety

You may also experience exhaustion, lack of appetite, or problems with memory or concentration. This is normal and should resolve with time.

**To improve how you feel:**

- Spend time with caring family and friends.
- Exercise.
- Attempt to keep a normal daily routine.
- Limit the amount of news you watch regarding the event.
- Helping others can help you heal. Look for volunteering opportunities within your community.

If you are having difficulties managing intense reactions or find yourself turning to drugs or alcohol, consider working with a licensed mental health professional to develop a plan to move forward in a healthy manner.

You can call any of our behavioral health centers for a mental health or chemical dependency appointment, without a referral from your personal physician.

We'll help you find the right support and connect you to the care you need. You don't need a referral to access mental health services.

- Denver/Boulder and Northern Colorado: Call **303-471-7700** or **1-866-359-8299** (TTY 711), Monday through Friday, 7 a.m. to 7 p.m.
- Southern Colorado: **1-866-702-9026** (TTY **1-866-835-2755**), call anytime, day or night.

Additional Self-Care Resources are available at:

- Mental health online: [www.kp.org/mentalhealth](http://www.kp.org/mentalhealth)
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