



Coping after Mass Violence

Mass violence incidents, where several people are injured and killed, affect everyone in the community. Coping with mass violence can be very stressful. You or your co-workers might have been physically injured; you may have been worried about the safety of others, or lost a loved one. You may have been interviewed by the police. It can be difficult to figure out where to begin when trying to understand what happened. Over time, most people begin to feel better and return to normal routines, but knowing about the impact of mass violence can help you take care of yourself and others. Here are some common reactions to mass violence:

Feeling afraid or unsafe:

Mass violence is shocking and can make you fear for your safety. If the people at the event or those who were killed were doing things that you often do, in places you frequent often, it can contribute to your fear, anxiety, and feelings of not being safe. Fear and not feeling safe are common reactions after mass violence. Know what is being done to enhance security can reduce these reactions. You can have an important voice in these efforts, too. For example, you can advocate for measures that you believe will make you and your co-workers safer, or lend your voice to existing groups that have similar goals.

Having trouble getting back to your normal routines and feelings:

After mass violence, many may experience some of these reactions even if they aren't talking about them:

- Not being able to fall or stay asleep, not getting restful sleep, having nightmares
- Having trouble concentrating and paying attention at work, not getting anything done, feeling in a fog or dazed
- Feeling sad, angry, confused, or afraid that the mass violence will happen again
- Feeling isolated, or numb, like friends and family don't understand, or feeling distant from them
- Being unable to get rid of thoughts, images, or visions of the mass violence event
- Not caring about things that used to matter or were important
- Experiencing headaches, stomachaches, a racing heart, or a change in appetite
- Having sights, sounds, people, places, or other things remind you of the violence
- Feeling jumpy, irritable, or on guard for danger all or nearly all of the time

If you or someone you know lost a loved one, you may experience additional grief reactions. Each person grieves differently, and there is no one "correct" way of grieving.

Worrying about family and loved ones:

After mass violence, you may find yourself worrying about your family in new ways, or your worries may have intensified. For example, you may suddenly be much more aware of the impact of these events on relatives with special needs or your children and be more protective or concerned for their well-being. If you sense that your spouse or partner is very distressed about what happened, you might not talk to them about your own feelings because you do not want to further upset them. It can be very helpful to identify someone to talk to about your thoughts, feelings, and reactions related to the mass violence so that you are not alone with your experiences.

**Making everyday issues worse:**

You face many challenges, dealing with COVID-19, addressing economic constraints, facing additional stresses at work, balancing parenting demands, or managing problems at home or in your personal life. You may think that your problems are small compared to mass violence. However, going through this experience can magnify the daily issues that you were already dealing with, and make them feel much worse than before. This may be especially true if you experienced a trauma prior to the mass violence, if you had depression or anxiety in the past, or if you are currently involved in counseling services.

Impacting identity issues:

If the mass violence targeted a group that you identify with, this may cause you to have especially strong emotions. You may feel a heightened level of threat, fear, or lack of safety. This also may increase your sense of feeling isolated or cut off from your co-workers, family, or wider community. In many cases, communities respond to mass violence by coming together to support those involved, as well as each other. Others may not understand the discrimination you may have experienced during the event or in prior events. Helping people understand your experience will help them to provide the support you need.

Searching for meaning:

It is difficult to understand why the mass violent event occurred and what systems failed to protect you. This can challenge your trust in other people, your religious beliefs, or the ways you think about or view the world. Searching for meaning in the face of hate is extremely challenging. Reading and talking to friends, family members, co-workers, and faith leaders can help you formulate your own ideas about why terrible things happen.

Taking Care of Yourself

Limit Media and Social Media Exposure:

After mass violence, media and social media coverage is constant. You may be tempted to stay glued to your phone, but this can cause even more distress. Try to disconnect from the news and social media at least for several hours every day. If watching TV or being on your phone helps you to cope, turn on a movie, watch a channel that doesn't have news alerts, or play a game.

Practice Healthy Habits:

This is a good time to establish a daily schedule that includes eating regular, healthy meals and snacks, exercising, and trying to get as close to a full night of sleep as possible. Turning off electronics at night will help you accomplish this.

Have Fun:

It's okay to disengage from tragedy. Give yourself permission to have fun. Consider doing something you really enjoy every day such as going for a walk, writing/journaling, creating art, listening to music, being with family or friends, spending time with your pets, or engaging in other relaxing activities.

Connect with Others:

Find ways to connect with your family, friends, and other people who make you feel more relaxed. Don't cut yourself off from loved ones. Find a way to help others through volunteering, or other community activities. Finding ways to connect with others often leads to feeling better. Be compassionate with yourself, as your parenting may not meet your expectations for a little bit. Ask for support in parenting if you need a break. If you are worried about how a co-worker is coping, check in with them, and let them know you care.

Seek help:

Reach out to an EAP service or manager; call a hotline; or speak to a mental health provider, health provider, or a trusted colleague.

- National Suicide Prevention Lifeline, Call (800) 273-8255, [Chat with Lifeline](#)
- Disaster Distress Helpline, Call or text (800)985-5990 (For Spanish, press "2") to be connected to a trained counselor 24/7/365.
- [7 cups](#) – Trained active listeners are available to chat with you via text or online to help you through difficult times.

Psychological Impact of Mass Violence

The combination of life-threatening traumatic personal experiences, loss of loved ones, disruption of routines and expectations of daily life, and post-violence adversities pose psychological challenges to the recovery of children and families in the affected areas. The following issues may be helpful to consider:

Reactions to Danger

Danger refers to the sense that events or activities have the potential to cause harm. In the wake of the recent attack, people and communities have greater appreciation for the enormous danger of violence and terrorism and the need for effective emergency management plans. There will be widespread *fears of recurrence* that are increased by misinformation and rumors. Danger always increases the need and desire to be close to others, making *separation* from family members and friends more difficult.

Posttraumatic Stress Reactions

Posttraumatic stress reactions are common, understandable, and expectable, but are nevertheless serious. The three categories are: 1) Intrusive Reactions, meaning ways the traumatic experience comes back to mind. These include recurrent upsetting thoughts or images, strong emotional reactions to reminders of the attacks, and feelings that something terrible is going to happen again; 2) Avoidance and Withdrawal Reactions, including avoiding people, places and things that are reminders of the attacks, withdrawal reactions, including feeling emotionally numb, detached or estranged from others, and losing interest in usual pleasurable activities; and 3) Physical Arousal Reactions, including sleep difficulties, poor concentration, irritability, jumpiness, nervousness, and being “on the lookout for danger.”

Grief Reactions

Grief reactions are normal, vary from person to person, and can last for many years. There is no single “correct” course of grieving. Personal, family, religious, and cultural factors affect the course of grief. Over time, grief reactions tend to include more pleasant thoughts and activities, such as positive reminiscing or finding uplifting ways to memorialize or remember a loved one.

Traumatic Grief

People who have suffered the loss of a loved one under traumatic circumstances often find grieving even more difficult than it might otherwise be. Their minds stay on the circumstances of the death, including preoccupations with how the loss could have been prevented, what the last moments were like, and issues of accountability. Traumatic grief changes the course of mourning, putting individuals on a different time course than is usually expected.

Depression

Depression is associated with prolonged grief and strongly related to the accumulation of post-violent adversities. Symptoms can include depressed or irritable mood, change in sleep or appetite, decreased interest in life activities, fatigue, and feelings of hopelessness and worthlessness. Some youth and adults may experience suicidal thoughts.

Physical Symptoms

Survivors may experience physical symptoms, even in the absence of any underlying physical injury or illness. These symptoms include headaches, stomachaches, rapid heartbeat, tightness in the chest, change in appetite, and digestive problems. In particular, the hearing tires screech can lead to panic reactions, especially in response to reminders. Panic often is expressed by cardiac, respiratory, and other physical symptoms. More general anxiety reactions are also to be expected.

Trauma and Loss Reminders

Trauma reminders: Many people will continue to encounter places, people, sights, sounds, smells, and inner feelings that remind them of the attack. The sounds of confusion and people screaming may become powerful reminders. Adults and youth are often not aware that they are responding to a reminder, and the reason for their change in mood or behavior may go unrecognized. Media coverage can easily serve as unwelcome reminders. It is particularly difficult when loved ones/friends have been together during a traumatic experience, because afterward they can serve as trauma reminders to each other, leading to unrecognized disturbances in these important relationships, especially in a young person's life. *Loss reminders:* Those who have lost loved ones continue to encounter situations and circumstances that remind them of the absence of their loved one. These reminders can bring on feelings of sadness, emptiness in the survivor's life, and missing or longing for the loved one's presence.

Post-violent Stress and Adversities

Contending with ongoing stresses and adversities can significantly deplete coping and emotional resources and, in turn, interfere with recovery from posttraumatic stress, traumatic grief, and depressive reactions. For example, teens may exhibit confusion, somatic responses (e.g., headaches, stomachaches), unusually aggressive or restless behaviors, or concerns about safety. Medical treatment and ongoing physical rehabilitation can be a source of additional stress. New or additional traumatic experiences and losses are known to exacerbate distress and interfere with recovery. Likewise, distress associated with prior traumatic experiences or losses can be renewed by the experience of the attack. Youth's recovery is put in jeopardy without properly addressing changes in their relationships, monitoring of their at-risk behaviors, and assisting with changes to future life goals. Some adversities require large-scale responses, while others can be addressed, in part, by personal and family problem solving.

Consequences of These Reactions

Intrusive images and reactivity to reminders can seriously interfere with school performance and avoidance of reminders can lead to restrictions on important activities, relationships, interests and plans for the future. Irritability and impaired decision-making can interfere with getting along with family members and friends. Trauma-related sleep disturbance is often overlooked, but can be persistent and affect daily functioning. Some may respond by being unusually aggressive or restless, needing to be around parents or caregivers more than usual, or voicing fears or concerns about their safety or the safety of their friends. Adolescents may become inconsistent in their behavior, start to withdraw and avoid social situations, become overly confrontational or aggressive, or engage in high risk behaviors (e.g., driving recklessly, using drugs and alcohol). Depressive reactions can become quite serious, leading to a major decline in school performance, social isolation, loss of interest in normal activities, self-medication, acting-out behavior, and, most seriously, attempts at suicide. Traumatic grief can lead to the inability to mourn, reminisce and remember, fear of a similar fate or the sudden loss of other loved ones, and to difficulties in establishing or maintaining new relationships. Adolescents may respond to traumatic losses by trying to become too self-sufficient and independent or by becoming more dependent and taking less initiative.

Coping after Catastrophic Violence

In addition to meeting people's basic needs, there are several ways to enhance people's coping. **Physical:** Stress can be reduced with proper nutrition, exercise and sleep. Youth and adults may need to be reminded that they should take care of themselves physically to be of help to loved ones, friends, and communities. **Emotional:** Youth and adults need to be reminded that their emotional reactions are expected, and will decrease over time. However, if their reactions are too extreme or do not diminish over time, there are professionals who can be of help. **Social:** Communication with, and support from, family members, friends, religious institutions and the community are very helpful in coping after catastrophic violence. People should be encouraged to communicate with others, and to seek and use this support where available.

Restoring a sense of safety and security, and providing opportunities for normal development within the social, family and community context are important steps to the recovery of children, adolescents, and families.

Parent Guidelines for Helping Youth after Mass Violence

The recent mass violence events has been an extremely frightening experience, and the days, weeks, and months following can be very stressful. Most children and families will recover over time, especially with the support of relatives, friends, and community. Keep in mind that families and youth had different experiences during and after these violent incidents, including those who experienced physical injury, those whose loved one died, were involved in police investigation, worried about the safety of family members and friends, or those who have experienced an increase of violence and hate due to their gender and/or ethnicity. This shooting might also act as a reminder to other violent events that family members have experienced in the past. How long it takes to recover will depend on what happened to you and your family during and after this event. Some are adjusting to the death of a loved one, others fear additional violence to their family or community. Over time, some youth and adults will return to normal routines, while others may struggle. Children and teens may react differently to the violence depending on their age, gender, identity, ethnicity, religion, and prior experiences. Expect that youth may respond in different ways. Be supportive and understanding of different reactions, even when you are having your own reactions and difficulties.

Children's and teen's reactions are strongly influenced by how parents, relatives, teachers, and other caregivers respond to the mass violence. They often turn to these adults for information, comfort, and help. There are many reactions that are common after mass violence. These generally diminish with time, but knowing about them can help you to be supportive, both of yourself and your children.

Common Reactions

- Feelings of anxiety, fear, and worry about the safety of self and others
- Fears that another violent incident may occur
- Changes in behavior:
 - Increase in activity level
 - Decrease in concentration and attention
 - Increase in irritability and anger
 - Sadness, grief, and/or withdrawal
 - Radical changes in attitudes and expectations for the future
 - Increases or decreases in sleep and appetite
 - Engaging in harmful habits like drinking, using drugs, or doing things that are harmful to self or others
 - Lack of interest in usual activities, including how they spend time with friends
- Physical complaints (headaches, stomachaches, aches and pains)
- Changes in school and work-related habits and behavior with peers and family
- Staying focused on the violent event (talking repeatedly about it)
- Strong reactions to reminders of the mass violence (seeing friends who were also present during the incidences, media images, seeing a truck speeding, police)
- Increased sensitivity to sounds (screaming, tires screeching)

Things I Can Do for Myself

- **Take time to reflect how this mass violence event has impacted you.** Take a few moments for yourself so you can express your own emotions and also find the words you want to use to your children about what happened. Think about sharing your values, how to seek help, and ways to address racism or hate.
- **Take care of yourself.** Do your best to drink plenty of water, eat regularly, and get enough sleep and exercise.
- **Help each other.** Take time with other adult relatives, friends, or members of the community to talk or support each other. Reach out to those that might be feeling particularly vulnerable.
- **Put off major decisions.** Avoid making any unnecessary life-altering decisions during this time.
- **Give yourself a break.** Take time to rest and do things that you like to do.

Things I Can Do for My Children

- **Spend time talking with your children.** Let them know that they are welcome to ask questions and express their concerns and feelings. You should remain open to answering new questions and providing helpful information and support. You might not know all the answers and it is OK to say that. At the same time, don't push them to talk if they don't want to. Let them know you are available when they are ready.
- **Find time to have these conversations.** Use time such as when you eat together or sit together in the evening to talk about what is happening in the family as well as in the community. Try not to have these conversations close to bedtime, as this is the time for resting.
- **Clear up any misunderstandings.** Often times, immediately after an event, there is misinformation being reported. Clear up any misinformation and confirm reports from reliable social media and news sources. Let your children and teens know that as the situation unfolds and investigations continue, information may change. Let them know you will tell them if you hear anything different from what you discussed but they can ask you as well.
- **Help children feel safe.** Talk with children about their concerns over safety and discuss changes that are occurring at school and in the community to promote safety. Check-in specifically about recent hate or racism they might have recently experienced. Encourage your children to voice their concerns to you or to teachers at school. Discuss non-violent ways to get their voice heard. This could include participating in a community group event, creating a group at school, or showing support to peers feeling an increased vulnerability.
- **Maintain expectations or "rules."** Stick with family rules, such as curfews, checking in with you while with friends, and keeping up with homework and chores. On a time-limited basis, keep a closer watch on where teens are going and what they are planning to do to monitor how they are doing. Assure them that the extra check-in is temporary, just until things stabilize.
- **Limit media and social media exposure.** Protect your teen from too much media coverage and social media about the incident, including on the Internet, radio, television, or other technologies (e.g., texting, Facebook, Twitter). Explain to them that media coverage and social media technologies can trigger fears of the violent event happening again and also spread rumors. Let them know they can distract themselves with another activity or that they can talk to you about how they are feeling. Also ask them to describe what they have seen online already so you can correct any misinformation or provide support.

- **Be patient.** Children may be more distracted and need added help with homework or projects. They may need temporarily extra time to complete their work or more frequent breaks. Make sure they are patient with themselves as well.
- **Manage reminders.** Help children identify different reminders (people, places, sounds, smells, feelings) and to clarify the difference between the event and the reminders that occur after it.
- **Monitor changes in relationships.** Explain to children that strains on relationships are expectable. Emphasize that everyone needs family and friends for support during this time. Spend more time talking as a family about how everyone is doing. Encourage tolerance for how your family and friends may be recovering or feeling differently. Accept responsibility for your own feelings, by saying “I want to apologize for being irritable with you yesterday. I was having a bad day.”
- **Address radical changes in attitudes and expectations for the future.** Explain to children that changes in people’s attitudes are common and tend to be temporary after a mass violent incident like this. These feelings can include feeling scared, angry, and sometimes revengeful. Find other ways to make them feel more in control and talk about their feelings.
- **Get adults in your children’s life involved.** If there has been a death of a loved one, or if your child is having difficulties, let your child’s teacher or other caring adults know so that they can be of help.
- **Seek professional help.** If children have continued difficulties for a couple of months after the mass violence events, parents should consult a trusted helper—a doctor or mental health professional.

Talking to Children about the Shooting

The recent shooting has evoked many emotions—sadness, grief, helplessness, anxiety, and anger. Children who are struggling with their thoughts and feelings about the stories and images of the shooting may turn to trusted adults for help and guidance.

- Start the conversation. Talk about the shooting with your child. Not talking about it can make the event even more threatening in your child’s mind. Silence suggests that what has occurred is too horrible even to speak about or that you do not know what has happened. With social media (e.g., Facebook, Twitter, text messages, newsbreaks on favorite radio and TV stations, and others), it is highly unlikely that children and teenagers have not heard about this. Chances are your child has heard about it, too.
- What does your child already know? Start by asking what your child/teen already has heard about the events from the media and from friends. Listen carefully; try to figure out what he or she knows or believes. As your child explains, listen for misinformation, misconceptions, and underlying fears or concerns. Understand that this information will change as more facts about the shooting are known.
- Gently correct inaccurate information. If your child/teen has inaccurate information or misconceptions, take time to provide the correct information in simple, clear, age-appropriate language.
- Encourage your child to ask questions, and answer those questions directly. Your child/teen may have some difficult questions about the incident. For example, she may ask if it is possible that it could happen at your workplace; she is probably really asking whether it is “likely.” The concern about re-occurrence will be an issue for caregivers and children/teens alike. While it is important to discuss the likelihood of this risk, she is also asking if she is safe. This may be a time to review plans your family has for keeping safe in the event of *any* crisis situation. Do give any information you have on the help and support the victims and their families are receiving. Like adults, children/teens are better able to cope with a difficult situation when they have the facts about it. Having question-and-answer talks gives your child ongoing support as he or she begins to cope with the range of emotions stirred up by this tragedy.
- Limit media exposure. Limit your child’s exposure to media images and sounds of the shooting, and *do not allow your very young children to see or hear any TV/radio shooting-related messages*. Even if they appear to be engrossed in play, children often are aware of what you are watching on TV or listening to on the radio. What may not be upsetting to an adult may be very upsetting and confusing for a child. Limit your own exposure as well. Adults may become more distressed with nonstop exposure to media coverage of this shooting.

- Common reactions. Children/Teens may have reactions to this tragedy. In the immediate aftermath of the shooting, they may have more problems paying attention and concentrating. They may become more irritable or defiant. Children and even teens may have trouble separating from caregivers, wanting to stay at home or close by them. It's common for young people to feel anxious about what has happened, what may happen in the future, and how it will impact their lives. Children/Teens may think about this event, even when they try not to. Their sleep and appetite routines may change. In general, you should see these reactions lessen within a few weeks.
- Be a positive role model. Consider sharing your feelings about the events with your child/teen, but at a level they can understand. You may express sadness and empathy for the victims and their families. You may share some worry, but it is important to also share ideas for coping with difficult situations like this tragedy. When you speak of the quick response by law enforcement and medical personnel to help the victims (and the heroic or generous efforts of ordinary citizens), you help your child/teen see that there can be good, even in the midst of such a horrific event.
- Be patient. In times of stress, children/teens may have trouble with their behavior, concentration, and attention. While they may not openly ask for your guidance or support, they will want it. Adolescents who are seeking increased independence may have difficulty expressing their needs. Both children and teens will need a little extra patience, care, and love. (Be patient with yourself, too!).
- Extra help. Should reactions continue or at any point interfere with your children's/teens' abilities to function or if you are worried, contact local mental health professionals who have expertise in trauma. Contact your family physician, pediatrician, or state mental health associations for referrals to such experts.



For Teens: Coping after Mass Violence

Mass violence incidents, where several people are injured and killed, affect everyone in the community. Coping with mass violence can be very stressful. You or your friends might have been physically injured; you may have been worried about the safety of family and friends, or lost a loved one. You may have been interviewed by the police. It can be difficult to figure out where to begin when trying to understand what happened. Over time, most people begin to feel better and return to normal routines, but knowing about the impact of mass violence can help you take care of yourself and others. Here are some common reactions to mass violence:

Feeling afraid or unsafe:

Mass violence is shocking and can make you fear for your safety. If the people at the event or those who were killed were doing things that you often do, in places you might have been, it can contribute to your fear, anxiety, and feelings of not being safe. You may believe that feeling afraid is childish, but fear and not feeling safe are common reactions after mass violence. Know that people in the community, including first responders, school staff, parents, and other caring adults are working to improve your safety and the safety of your community. As a teen, you can have an important voice in these efforts, too. For example, you can advocate for measures that you believe will make you and your community safer, or lend your voice to existing groups that have similar goals.

Having trouble getting back to your normal routines and feelings:

After mass violence, many teens will experience some of these reactions even if they aren't talking about them:

- Not being able to fall or stay asleep, not getting restful sleep, having nightmares
- Having trouble concentrating and paying attention at school or work, not getting anything done, feeling in a fog or dazed
- Feeling sad, angry, confused, or afraid that the mass violence will happen again
- Feeling isolated, or numb, like friends and family don't understand, or feeling distant from them
- Being unable to get rid of thoughts, images, or visions of the mass violence event
- Not caring about things that used to matter or were important
- Experiencing headaches, stomachaches, a racing heart, or a change in appetite
- Having sights, sounds, people, places, or other things remind you of the violence
- Feeling jumpy, irritable, or on guard for danger all or nearly all of the time

If you or someone you know lost a loved one, you may experience additional grief reactions.
Each person grieves differently, and there is no one "correct" way of grieving.

Worrying about family and loved ones:

As a teen, you are becoming more independent and developing your own values and interests. After mass violence, you may find yourself worrying about your family in new ways, or your worries may have intensified. For example, you may suddenly be much more aware of the impact of these events on elderly relatives or younger siblings and be more protective or concerned for their well-being. If you sense that your parents or caregivers are very distressed about what happened, you might not talk to them about your own feelings because you do not want to further upset them. It can be very helpful to identify a trusted adult to talk to about your thoughts, feelings, and reactions related to the mass violence so that you are not alone with your experiences.

**Making everyday issues worse:**

Teens face many challenges, like adjusting to middle or high school, meeting academic expectations, balancing athletics or other activities or job responsibilities, planning for college, dealing with peer pressure, or managing problems at home or in your personal life. You may think that your problems are small compared to mass violence. However, going through this experience can magnify the daily issues that you were already dealing with, and make them feel much worse than before. This may be especially true if you experienced a trauma prior to the mass violence, if you had depression or anxiety in the past, or if you are currently involved in counseling services.

Impacting identity issues:

As a teen, you may be learning more about yourself and what it means to identify with a sexual orientation, gender, religion, ethnicity, race, or political affiliation. If the mass violence targeted a group that you identify with, this may cause you to have especially strong emotions. You may feel a heightened level of threat, fear, or lack of safety. This also may increase your sense of feeling isolated or cut off from your peers, family, or wider community. In many cases, communities respond to mass violence by coming together to support those involved and who died, as well as each other. Hopefully this will provide you with a sense of support, acceptance, and safety as you explore your identity.

Searching for meaning:

It is difficult to understand why a person would intentionally hurt and kill others. This can challenge your trust in other people, your religious beliefs, or the ways you think about or view the world. Searching for meaning in the face of hate is extremely challenging. Reading and talking to friends, family members, teachers, and faith leaders can help you formulate your own ideas about why terrible things happen.

Taking Care of Yourself

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Practice Healthy Habits:

This is a good time to establish a daily schedule that includes eating regular, healthy meals and snacks, exercising, and trying to get as close to a full night of sleep as possible. Turning off electronics at night will help you accomplish this.

Have Fun:

It's okay to disengage from tragedy. Give yourself permission to have fun. Consider doing something you really enjoy every day such as going for a walk, writing/journaling, creating art, listening to music, being with friends, spending time with your pets, or engaging in other relaxing activities.

Connect with Others:

Spend time with your family, friends, and other people who make you feel more relaxed. Don't cut yourself off from loved ones. Find a way to help others through volunteering, tutoring, or other community activities. Finding ways to connect with others often leads to feeling better. If you are worried about how a peer is coping, check in with them, and let a trusted adult know.

Seek help:

If you want to talk to someone, ask your parent or other caring adult, school counselor or nurse, or primary care provider for help. Your community may have drop-in centers specifically for this purpose. Most of these issues resolve with time, but if they continue, don't hesitate to seek additional or specialized counseling services.