Here for you

How to cope with community and school violence
Aetna Resources For Living℠

Violence is always upsetting. But when it takes place in a school right in your community, it can make you question your safety or the safety of those you love most. And it can trigger some strong feelings.

How do you know if your response is normal and healthy? And how do you know if you should seek support?

Everyone is different
We’re all unique. So even if two people go through the same event, they’ll often have distinct reactions. What kinds of things can impact your response?

• **History.** If you’ve had violence in your past, it can bring up those feelings again.
• **Mental health.** People with anxiety or depression may have a harder time “bouncing back” from a violent event.
• **Resources.** If you have friends, family and other supports, it can make it easier to cope.

And the closer you are to the violence, the more you may be affected. So if you witnessed the event, you’ll probably have a more stressful response than if you had learned about it from the news.
When to get help

Sometimes our reactions to violence overwhelm our normal coping skills. Watch for the following symptoms:

- Problems getting through day-to-day life
- Not getting enough sleep for two weeks or more
- Not being able to focus or enjoy normal activities
- Change in appetite
- Feeling irritable or more or less reactive than usual
- An increase in worry or feelings of panic (with or without nausea, sweating, changes in heartbeat, breathlessness or sense of doom)

If you're having one or more of these symptoms, consider talking to a mental health expert to get help with coping.

It’s natural to have a reaction to violence — whether you’re directly or indirectly involved. We’re here to help. Confidential help is available 24 hours a day, 7 days a week.

Call: 833-327-AETNA
(1-833-327-2386)

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