

**Disaster Resources for Violence at the U.S. Capitol  
Washington, DC  
January 7, 2021**

**Executive Office of the Mayor Muriel Bowser**

John A. Wilson Building

1350 Pennsylvania Avenue, NW

Washington, DC 20004

Phone: (202) 727-2643

<https://mayor.dc.gov>

<https://m.facebook.com/MayorMurielBowser>

<https://twitter.com/MayorBowser>

<https://www.youtube.com/channel/UCMPbW-rxSm1ke9PkqDZWO3g>

<https://mayor.dc.gov/multimedia/mayor-bowers-live-event>

Press Releases:

**Mayor Bowser Issues Mayor's Order Extending Today's Public Emergency for 15 Days**

Wednesday, January 6, 2021

<https://mayor.dc.gov/release/mayor-bowser-issues-mayor%E2%80%99s-order-extending-today%E2%80%99s-public-emergency-15-days-a1>

*(Washington, DC) – Today, First Amendment protests turned violent. Many persons came to the District armed and for the purpose of engaging in violence and destruction and have engaged in violence and destruction. They have fired chemical irritants, bricks, bottles, and guns. They have breached the security of the Capitol and their destructive and riotous behavior has the potential to spread beyond the Capitol. Their motivation is ongoing. Today, they sought to disrupt the Congressional proceedings relating to the acceptance of electoral college votes. President Trump continues to fan rage and violence by contending that the Presidential election was invalid. Persons are dissatisfied with judicial rulings and the findings of State Boards of Elections, and some persons can be expected to continue their violent protests through the inauguration.*

*Accordingly, Mayor Muriel Bowser issued [Mayor's Order 2021-003](#), extending the public emergency declared earlier today for a total of 15 days, until and unless provided for by further Mayoral Order.*

Mayor Bowser's Public Safety Update:

1/6/2021, 10:30pm

<https://www.youtube.com/watch?v=8s2oRFxfEm0>

### **Hold Media Availability**

January 7, 2021 – 11am

Location: Marion S. Barry, Jr. Building – Old Council Chambers

441 4th Street, NW

Open to Pre-Credentialed Press

#### **\*Closest Metro Station: Judiciary Square Metro Station\***

The DC Office of Cable Television, Film, Music, and Entertainment will serve as the pool camera for the briefing. To view the event online, visit [mayor.dc.gov/live](http://mayor.dc.gov/live), tune in on Channel 16 (DCN) or any of the social media platforms below.

#### **Social Media:**

Mayor Bowser Twitter: [@MayorBowser](https://twitter.com/MayorBowser)

Mayor Bowser Instagram: [@Mayor\\_Bowser](https://www.instagram.com/Mayor_Bowser)

Mayor Bowser Facebook: [facebook.com/MayorMurielBowser](https://www.facebook.com/MayorMurielBowser)

Mayor Bowser YouTube: <https://www.bit.ly/eomvideos>

### **Metropolitan Police Department**

300 Indiana Avenue, NW, Room 5059

Washington, DC 20001

Phone: (202) 727-9099

<https://mpdc.dc.gov>

<https://www.facebook.com/pages/Washington-Metropolitan-Police-Dept/41218705255>

<https://twitter.com/DCPoliceDept>

<https://www.youtube.com/user/OfficialDCPolice>

Persons of Interest in Unrest-Related Offenses

[https://mpdc.dc.gov/sites/default/files/dc/sites/mpdc/publication/attachments/POIs%20of%20Interst\\_1.7.21.pdf](https://mpdc.dc.gov/sites/default/files/dc/sites/mpdc/publication/attachments/POIs%20of%20Interst_1.7.21.pdf)

### **District Department of Transportation**

55 M Street, SE, Suite 400

Washington, DC 20003

Phone: (202) 673-6813

<https://ddot.dc.gov>

<http://www.facebook.com/DDOTDC>

<https://twitter.com/ddotdc>

<https://www.youtube.com/ddotvideos>

### **United Way/211 Information and Referrals Line**

Dial 2-1-1 from your service area.

(202) 463-6211

This information and referral line may know of additional resources that are currently providing assistance. Please call and provide your zip code and demographic information in order to receive referrals.

## **Access Helpline – Local Mental Health Crisis Line**

<https://dbh.dc.gov/service/access-helpline>

(888) 793-4357

Offers 24 hour per day, 7 days per week mental health counseling by telephone by trained staff.

## **Substance Abuse & Mental Health Services Administration**

### **Disaster Distress Helpline**

(800) 985-5990

National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

**Free Help Line:** Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, **866-342-6892**, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at <https://www.liveandworkwell.com>

## **National Suicide Prevention Lifeline**

(800) 273-8255

<https://suicidepreventionlifeline.org>

Coping During Community Unrest:

<https://suicidepreventionlifeline.org/current-events/coping-during-community-unrest>

*Across the United States, many communities are experiencing unrest and distress related to the unjust treatment of individuals who are Black in this country. Some individuals may have firsthand experiences of community discord, discrimination or trauma, or may be grappling with a loss of their sense of safety.*

*Feeling overwhelmed or isolated, having trouble sleeping or difficulty concentrating are all common reactions to witnessing and experiencing community violence. Incidents of community violence can also contribute to heightened feelings of anxiety and depression, or lead to increased substance abuse. If you're experiencing these emotions or feeling angry, confused, or distressed in any other way, please know you're not alone. You can call the national [Disaster Distress Helpline](#) at 1-800-985-5990 or the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255) to be connected with a trained, caring counselor for emotional support. Both the*

*DDH and Lifeline are available 24/7/365 and your calls are free and confidential. The DDH also has a texting option (text TalkWithUs to 66746; standard messaging/data rates apply).*

### ***Coping Tips***

- *Set a limit on media consumption, including social media, local or national news.*
- *Notice when checking on updates is helpful and productive for you, and when it's not.*
- *Talk to others who understand and respect how you feel—family members, faith leaders, people you trust.*
- *Educate yourself on ways to help or get involved.*
- *Try to do your best in taking care of yourself physically as well as mentally: this applies to your diet, sleep schedule, exercise, etc.*
- *Maintain regular routines to the extent possible.*
- *Focus on what you can do to care for yourself right here right now.*
- *Start with small, doable steps for you to cope or take action as you are ready. Use our resources below to think about where you might start.*

### ***Additional Coping Tips***

*SAMHSA has a [tip sheet for coping with grief after community violence](#)*

*Teen Vogue has shared a resource on [how to cope with race-based trauma](#).*

*[Liberate Meditation](#) is a free app that provides meditations and talks designed by the Black, Indigenous, and People of Color Community for the Black, Indigenous, and People of Color Community.*

*Anxiety.com has shared an article on [how Black Americans can cope with anxiety and racism](#).*

*The National Child Traumatic Stress Network has a [tip sheet on reactions and actions during community violence](#)*

*The BEAM (Black Emotional and Mental Health) Collective is hosting virtual support spaces.*

*You can register here: <https://www.beam.community/events>*

### ***Resources for Education, Awareness and More***

*The National Alliance on Mental Illness (NAMI) has an [information & resource page dedicated to African-Americans' Mental Health](#).*

*The [National Organization for People of Color Against Suicide](#) is an organization that currently provides support services, information and training.*

*[Sista Afya](#) provides young adult Black women with mental wellness education, resource connection, and community support that empowers them to take charge of their mental wellbeing.*

*Healing Collective Trauma's [website](#) addresses the diverse forms of collective trauma from a cross-cultural perspective with interviews, articles and links.*

*Medium has shared a [detailed list of anti-racism resources](#).*

*Common Sense Media has shared [tips on how to explain the news](#) to your children, no matter their age.*

*The American Psychological Association's 2016 [Stress in America](#) survey shares the impact of discrimination on one's mental health.*

*[The 1619 Project](#) is an ongoing initiative from [The New York Times](#). Created in August of 2019, the 400 year anniversary of the beginning of American slavery, the 1619 Project works to reframe our knowledge of American history by placing the consequences of slavery and contributions of Black Americans at the center of our country's origin.*

*WFYI Public Media has shared an article explaining how [racism, trauma and mental health are linked](#).*

*The American Association for Marriage and Family Therapy (AAMFT) has an [informational page](#) about the mental health of Black adolescents.*

*[The Black Mental Health Alliance](#) provides information and resources, as well as a "Find a Therapist" locator to connect individuals with a culturally competent mental health professional.*

### **Suggestions for Meditation and Breathing Apps**

Insight Timer – Available for iOS and Android

UCLA Mindful - Available for iOS and Android

Smiling Mind - Available for iOS and Android

Sanvello - Available for iOS and Android

Stop, Think & Breathe - Available for iOS and Android

Headspace - Available for iOS and Android

Calm - Available for iOS and Android

Simple Habit - Available for iOS and Android

## **National Institute of Mental Health**

Coping with Traumatic Events

<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

## **Centers for Disease Control and Prevention (CDC)**

Coping with a Traumatic Event

<https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

## **Suggestions for talking to children about Wednesday's violence at the U.S. Capitol:**

National Education Association (NEA)

“Talking to Kids About the Attack on the Capitol”

<https://www.nea.org/advocating-for-change/new-from-nea/talking-kids-about-attack-capitol#:~:text=Reassure%20children%20that%20they%20are,in%20expressing%20these%20feelings%20appropriately.>

NPR News

“What To Say To Kids When The News Is Scary”

[https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids?utm\\_term=nprnews&utm\\_medium=social&utm\\_campaign=npr&utm\\_source=twitter.com](https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids?utm_term=nprnews&utm_medium=social&utm_campaign=npr&utm_source=twitter.com)

PBS Kids

“Helping Kids Navigate Scary News Stories”

[https://www.pbs.org/parents/thrive/helping-kids-navigate-scary-news-stories?utm\\_campaign=currentevents\\_2021&utm\\_content=1609973423&utm\\_medium=social&utm\\_source=twitter](https://www.pbs.org/parents/thrive/helping-kids-navigate-scary-news-stories?utm_campaign=currentevents_2021&utm_content=1609973423&utm_medium=social&utm_source=twitter)