

Emotional Support Resources for Waukesha Parade November 23, 2021

Office of the Governor Tony Evers

819 North 6th Street, Suite 560

Milwaukee, WI 53203

(414) 227-4344

<https://evers.wi.gov/Pages/Home.aspx>

<https://twitter.com/govevers>

<https://www.facebook.com/GovernorTonyEvers>

November 22, 2021 Press release -

“Gov. Tony Evers today ordered the flags of the United States and the state of Wisconsin to be flown at half-staff on Mon., Nov. 22, 2021, as a mark of respect for the victims of the tragedy at the 2021 Waukesha Christmas Parade. “

Office of the Mayor Shawn Reilly

201 Delafield Street, 3rd Floor

Waukesha, WI 53188

(262) 524-3700

<https://waukesha-wi.gov/407/Mayors-Office>

<https://www.facebook.com/cityofwaukesha>

<https://twitter.com/CityofWaukesha>

On Twitter 11/23/2021 –

There is a Friends and Family Resource Center opening today at Carroll University (100 N. East Ave., Waukesha, WI). The Campus Center Ballroom will be open 2pm-6 pm, Tuesday, Nov. 23 and 9am-1 pm, Wednesday, November 24.

Many items were left at the scene. Police will work to connect items with owners (wallets, keys, etc.). If the items did not have id (chairs, etc), they will be at the Park, Rec and Forestry Dept, 1900 Aviation Dr today and tomorrow from 8:00 am – 4:30 pm.

Waukesha County Health and Human Services

514 Riverview Avenue

Waukesha WI, 53188

(262) 548-7666

Monday-Friday, 8am-4:30pm

<https://www.waukeshacounty.gov/HealthAndHumanServices/clinical-services/mental-health-services>

<https://twitter.com/WaukeshaCoHHS>

Please call IMPACT 2-1-1 after business hours for assistance.

Waukesha Police Department

130 Delafield Street

Waukesha, WI 53188

(262) 524-3831

<https://waukesha-wi.gov/352/Police-Department>

<https://www.facebook.com/WaukeshaPD>

<https://twitter.com/WaukeshaPD>

11/23/2021 Facebook post –

Many items were left at the scene. The Police Department will work to connect items with their owners (wallets, keys, etc.). If the items did not have identification (chairs, etc), they will be at the Park, Rec and Forestry Department, 1900 Aviation Drive, today (Tuesday, November 23) and tomorrow, (Wednesday, November 24) during regular business hours (8:00 am – 4:30 pm).

United Way/211 Information and Referrals Lines

IMPACT 2-1-1

Dial 2-1-1 from your service area.

(414) 773-0211

<https://www.impactinc.org>

Serves Milwaukee, Waukesha, Kenosha, Racine, Ozaukee, Washington, Dodge, Jefferson, and Walworth Counties.

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

National Suicide Prevention Lifeline

(800) 273-8255

<https://suicidepreventionlifeline.org>

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.

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>

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

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

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>