

Emotional Support Resources for Kyle Rittenhouse Trial Verdict November 23, 2021

Office of the Governor Tony Evers

Madison Office:
P.O. Box 7863
Madison, WI 53707
(608) 266-1212

Milwaukee Office:
819 N 6th St.
Ste. 560
Milwaukee, WI 53203
(414) 227-4344

[Official site of Governor Tony Evers \(wi.gov\)](http://wi.gov)

[Governor Tony Evers | Facebook](#)

[Governor Tony Evers \(@GovEvers\) / Twitter](#)

[Wisconsin governor calls for calm in wake of Rittenhouse verdict | National | timesnews.net](#)

Office of the Mayor John Antaramian

625 52nd Street Room 300
Kenosha, WI 53140
(262) 653-4000
[Mayor - City of Kenosha](#)

There currently is no statement at this time.

Kenosha Human Development Services Crisis Intervention

5407 8th Ave
Kenosha, WI 53140
(262) 657-7188
<http://khds.org>

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

NAMI Kenosha: National Alliance on Mental Illness (NAMI) Kenosha County

5718 7th Ave
Kenosha, WI 53140
(262)652-3606
<https://www.namikenosha.org>

United Way/211 Information and Referrals Lines

Dial 2-1-1 from your service area or text your ZIP code to 898-211.

(877)947-2211

[IMPACT 2-1-1 United Way of Kenosha County's Resource | United Way of Kenosha County](https://www.kenoshaunitedway.org)
([kenoshaunitedway.org](https://www.kenoshaunitedway.org))

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>

(Note for WLA – sometimes they offer specific resources as well related to the incident.)

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>