#CapitolStrong

Resources for the Capitol Hill Community

24/7 IMMEDIATE HELP

- **Crisis Text Line**: text HOME to 741741
- **SAMSHA’s Disaster Distress hotline**: Call or text 1-800-985-5990
- **Suicide Prevention Lifeline**: call 1-800-273-8255

LONG-TERM SUPPORT

- **House Office of Employee Assistance**: 202-225-2400
- **Congressional Management Foundation: Crisis Response and Preparedness Center**

SYMPTOMS OF POST-TRAUMATIC STRESS

- Feeling very anxious, sad, fearful, resentful, or irritable
- Trouble thinking clearly
- Flashbacks, nightmares, reliving the experience
- Isolation from family and friends

*If these or other symptoms are affecting you, seek help at NIMH*

TAKE ACTION

- **Current staff**: share your experience and feedback
- **Former staff**: share a note of support with your colleagues here
- **Join the fundraiser** for the family of Officer Brian Sicknick

You're part of a community

To those who make our democracy work: we see you, and we are here for you. Check out thank-you notes from former Hill staff, and tips from staffers who’ve been there for surviving a difficult time on the Hill. If you’re a current member of staff in Congress, please reach out with suggestions if there’s anything you need.

For more information, check out #CapitolStrong on social media, or visit us at CapitolStrong.org (coming soon!)