

# #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](http://CapitolStrong.org) (coming soon!)