



## FOR IMMEDIATE RELEASE

#20-01

Contact: John Cummings, Deputy Director – Communications  
(513) 695-2350  
[jcummings@mhrswcc.org](mailto:jcummings@mhrswcc.org)

### Statement from Mental Health Recovery Services of Warren & Clinton Counties on the Dayton shootings

LEBANON, OH, August 5, 2019 – In the wake of the Dayton shootings, Mental Health Recovery Services of Warren & Clinton Counties (MHRS) stands ready to assist and support Montgomery County ADAMHS in whatever ways may be needed to help the community and law enforcement work through mental health issues and trauma affecting them.

“Our hearts go out to the people of Montgomery County and everyone this incident has affected,” said Colleen Chamberlain, MHRS executive director. “Our crisis team is able to help as needed, and we encourage local residents who may need assistance to reach out for help through our crisis hotline and the crisis text line.”

The MHRS Crisis Hotline is (877) 695-NEED (6333). People wishing to text with a trained professional can start by sending the message “4hope” to 741741.

#### Ways to cope with tragedy

Coping with events like the Dayton shootings takes many forms. Many people struggle to understand how and why something happens, and they experience a range of emotions as they work through the trauma. The American Psychological Association suggests several tips to help cope:

**Talk with someone.** Open up to a trusted friend or relative who will listen to your concerns. There’s comfort and reassurance in the support of a listening ear.

**Turn it off.** Watching constant coverage of the event may have the effect of raising concerns, stress, and anxieties. Instead, periodically step away from the constant flow and do something you enjoy, even for a few minutes.

**Help others do something productive.** Reach out to volunteer with people who have been affected by the incident. Being of help to others has a way of making you feel better, too.

**Take care of yourself.** You can’t do much without energy, so eat balanced meals as much as you can, get rest, and build some exercise into the day. Eating at regular times also establishes a routine.

More tips are available at [www.apa.org/helpcenter/mass-shooting](http://www.apa.org/helpcenter/mass-shooting).

***About MHRS***

Mental Health Recovery Services of Warren & Clinton Counties (MHRS) is the local board of mental health and addiction services for residents of Warren and Clinton Counties. MHRS plans, funds and monitors services and programs for residents with mental health and addiction issues. The board contracts with agencies to provide services and programs that help individuals, families and others affected by mental illness and addiction. For more information, visit the MHRS website at [mhrsonline.org](http://mhrsonline.org).

###