



**VEGAS STRONG**

RESILIENCY CENTER

HELP IS HERE FOR YOU AND THOSE YOU LOVE

For Immediate Release  
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## **HOLIDAY COPING OFFERED TO HELP 1 OCTOBER SURVIVORS DURING PANDEMIC**

*Virtual Support Groups Available*

**LAS VEGAS** – In advance of the holidays and potential neighborhood New Year’s Eve fireworks, the Vegas Strong Resiliency Center is sharing coping tips and information to help anyone affected by the 1 October tragedy.

“During this relentless pandemic, our staff has quickly deployed tactics to help 1 October survivors,” said **Tennille Pereira, Director of the Resiliency Center**. “Since moving to our new office last December, we’ve been able to host 59 virtual events to ensure that survivors can thrive and bond together from a physical distance, and slow the spread of the virus.”

Mental health professionals stress that people grieve and cope with trauma in different ways. Reminders of 1 October can affect people seeing and hearing fireworks or watching news stories about other violent events.

Experts also offer these suggestions for dealing with holidays and special anniversaries after enduring trauma from a disaster or tragic incident:

- Take advantage of opportunities to connect with others virtually and safely. You are not dealing with this alone.
- Reach out to family and friends who care. While safety measures this year involve maintaining a physical distance from others, it is important to remain connected socially. Find new ways to spend time engaging with others.
- Be aware that special days may be difficult and remind you of the losses. These reactions are normal. Acknowledge and allow feelings. Take steps to comfort yourself.
- Attend to basic needs. Stay hydrated, eat well, stay active, and get enough sleep.
- Participate in comforting rituals. Create new ways to acknowledge and celebrate special days.
- Talk about your losses with someone who will listen and understand. Be aware of the type and level of support they can provide and accept it from them.
- Do things that help you with overwhelming emotions. Take walks or write in a journal in the days around and on the special days.
- Do what you would *like* to do rather than what you *think* you should do.
- It is natural to feel sad and angry when others seem to be enjoying themselves while you are having a difficult time. Acknowledge feelings, and be aware that they are connected to grief or trauma rather than to anyone in particular.



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- Accept kindness from others.
- Focus your attention on what is most important to you and what you can control.
- Helping others may help you. Simple acts of kindness toward others may invoke positive reflections on what has meaning for you and how you can positively influence others. Use your grounding and mindfulness techniques.

### Seeking Help

The Resiliency Center encourages anyone affected by the 1 October tragedy to reach out for emotional and mental health support. Anyone impacted can attend free, virtual therapeutic events and group therapy sessions.

Two Route 91 online support groups meet virtually multiple times per month with a life coach and licensed social worker; the next virtual group sessions are set for Dec. 23, at 12 p.m. and 6 p.m. Virtual trauma-informed mindfulness meditation will occur on Dec. 22, at 12 p.m. Visit [vegasstrongrc.org/calendar](https://vegasstrongrc.org/calendar) for more information.

The office will adhere to the following holiday schedule:

- Dec. 24 — Open 8:30 a.m. to 2 p.m.
- Dec. 25 — Closed
- Dec. 31 — Open 8:30 a.m. to 2 p.m.
- Jan. 1 — Closed

The Resiliency Center re-opens on Jan. 4 at 8:30 a.m. After-hours on weekends or holidays, call the National Disaster Distress Helpline at 800-985-5990 to talk with a trained crisis counselor. Bridge Counseling also has local therapists available by phone 24/7. Its phone number is 702-474-6450.

The Vegas Strong Resiliency Center provides free resources and support to anyone affected by the attack, including survivors, family members of victims, responders, and those who witnessed the incident or tried to assist victims.

**Editor's Note:** Resiliency Center representatives are available for interviews on Dec. 21 and 22. A 14-minute video of coping tips during the holidays is available here:

<https://youtu.be/bBpRznwVOAQ>. Visit [vegasstrongrc.org/trauma-coping-tips](https://vegasstrongrc.org/trauma-coping-tips) for the trauma coping tips document.

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The Vegas Strong Resiliency Center, a multi-agency resource hub managed by Legal Aid Center of Southern Nevada, supports those affected by the 1 October tragedy. It is funded by the Nevada State Division of Child and Family Services grant 2019-V7-GX-0001 from FY2018 Anti-terrorism and Emergency Assistance Program through the U.S. Department of Justice's Office for Victims of Crime.