Dear Students,

Protests against the confirmation of the outcome of the presidential election on January 6 gave rise to violence and disorder in the U.S. Capitol building. We know that these events can be upsetting, frightening, and even traumatizing, especially as we continue to grapple with the effects of the global pandemic and racial injustice. It is expected and reasonable during moments such as this to experience a range of reactions, including feeling unsettled or anxious, and everyone’s response will be unique.

Now, more than ever, it is important to acknowledge the fear and discomfort that we may be feeling, and to take time to help ourselves and the people around us. While the desire to stay informed and engaged is understandable, it is also important to attend to feelings of being overwhelmed and to prioritize self-care.

Here are some resources that can help as we navigate the uncertainty of this moment.

- Text START to 741-741 or call 1-800-273-TALK (8255) for a confidential conversation anytime.
- JED’s Mental Health Resource Center provides tools to help teens and young adults navigate life’s challenges.
- Seize The Awkward has tips and resources for maintaining mental health and fostering stronger connections with friends and family during challenging moments.
- Our Love is Louder Action Center provides tools for staying calm, connected, and active, and supporting each other during this time of uncertainty.
- JED’s and MTV’s Press Pause includes animated PSAs and an online hub with simple mindfulness techniques — like breathing exercises, meditation, perspective
checks, music, and movement — to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

- Our COVID-19 Resource Guide provides resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) has Tips for Coping with Traumatic Events.

We can help each other process these challenging moments in healthy ways, and remind each other that we are not alone.

Be well,

The JED Team

---

*If you or someone you know needs help immediately, text "START" to 741-741, call 1-800-273-TALK (8255), dial 911, or go to the nearest emergency room. Find more information and resources at jedfoundation.org/help.*