



As communities across the country face social conflict and unrest, we're bringing together a range of tools and resources to help you and your employee/members navigate the complex and troubling issues behind the tension. We invite you to explore the information below. And, for additional resources, please visit [BeaconHealthOptions.com/caring-for-our-communities](https://www.beaconhealthoptions.com/caring-for-our-communities).



Reacting to traumatic events: Traumatic events, whether an act of violence or terrorism, a disaster, or an accident, turns a person's life upside down. By definition, this kind of event causes moderate to severe stress reactions. Along with affecting those directly involved, a traumatic event may also impact people who witnessed it directly or through the media.

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How to prepare for safety and security: Communities across the nation are experiencing social conflict and unrest as citizens protest the death of George Floyd during an arrest by law enforcement. On top of that, the country is feeling the effects of high unemployment, social quarantining, and general uncertainty due to COVID-19. The two scenarios set the stage for conflict.

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Nurturing hope: How do we pick ourselves up from the ashes of trauma and tragedy? Hope gives us the strength necessary to keep moving in a positive direction. Even if you're not naturally a positive thinker, you can build hope as you would any other habit.

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Talking with children about violence: Adults may avoid talking to children about violence because they don't know what to say or they're afraid they might make things worse. But talking with a child who may have seen or been hurt by violence is often the best way to help. Here are some practical tips to help you start a conversation.

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