

Community Crisis



A community crisis is any situation in which an unpredictable event or traumatic event has affected multiple people at once.

Preparation

Nothing can prepare you for a crisis in your community. But there are steps you can take to help keep you safe in case there is a crisis:

Emergency Contact

- Choose an emergency contact with your doctor.
- Update emergency information on your smartphone for first responders to access.
- Ask your doctor about medical power of attorney.

Emergency Alerts

- Download a 9-1-1 texting app on your smartphone.
- Register with your local city or county to receive emergency alerts.
- El Paso and Teller counties use PEAK ALERTS. register here →



The Crisis

In a crisis situation it is crucial to prioritize your safety.

Protect Yourself

Run

Hide

Fight

Call 9-1-1 for life-threatening emergencies.

- Know the exact location of the emergency to give to the 911 call taker.
- Answer questions clearly and concisely.
- Once first responders/law enforcement arrive on scene, they are in control.

Next Steps

- Ask to speak with a Victim Advocate with the Colorado Springs Police Department or the El Paso County Sheriff's Office.
- Ask about Victim's Compensation if you are listed on the police report.

Recovery

Recovery looks different for everyone. Some options and ideas:

- Peer support
- Physical Activity
- Mindfulness and meditation
- Spirituality or Faith
- Music, art, or animal assisted therapy



In some cases, it is beneficial to seek mental health treatment.



Scan to find more resources for survivors.

Advocacy

Support your community by:

- donating
- sharing your story
- leading support groups
- volunteering
- legislative advocacy