

Gun violence in our community

It is important to acknowledge that gun violence disproportionately affects Black and brown communities due to systemic racism and white supremacy, including:

- Lack of good jobs and high unemployment
- High population density (many people packed into small geographic areas)
- Underinvestment in local schools
- More unhoused/homeless folk
- Less access to healthy food and health support systems



Pho Van Restaurant mural painted by volunteers from Rainier Beach, A Beautiful Safe Place for Youth, depicting a Community Healing Circle (lower right)



Pho Van Restaurant mural painted by volunteers from Rainier Beach, A Beautiful Safe Place for Youth

In photo above:

"This tree is a representation—a dedication and memory of all those youth of the Rainier Beach area who lost their lives from gun violence."

BE SAFE

BE RESPECTFUL

BE RESPONSIBLE

Rainier Beach "B3 Way"

RAINIER BEACH ACTION COALITION

SE Network
SafetyNet

SAFETY
RESPECT
HEALING
CARING

Resources
for
Dealing with
Gun Violence

IF THERE'S A SHOOTING

Things to keep in mind



Be aware. Keep an eye on what is going on. Don't let phones or conversations distract you.



Your safety comes first. Don't move toward the shooting. Stop everything and identify the trajectory. Find a safe place or seek cover quickly, and get down to the ground as soon as possible. Shelter behind something, or create cover by flipping a table or chair and getting behind it.



Protect your head. Face your butt toward where the shooting is coming from, stay low, and remain in place until you are certain that all is clear.



Don't panic. Stay calm and breathe deeply.



Take care. Check in with yourself and the well-being of others around you.



Call 911 if someone's life is in immediate danger or emergency medical assistance is needed.

What to do RIGHT AFTER

Check surroundings for safety—make sure shooting has stopped.

Check yourself for injury. If you are hurt, call 911 or call out for help.

Check for victims—look around to see if anyone else has been shot or hurt.


Call for help—if someone is hurt, call 911 or loudly call for someone to call 911, then ask if anyone has medical training.

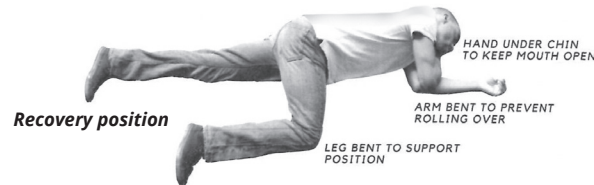
Help victims—if you have to provide assistance until medics arrive, see guidance on the next panel.

HOW TO HELP

Please note: Every situation is different. The information in this pamphlet is subject to change, and is not a substitute for professional medical care. The guidance below was provided in 2021 by the People's Community Medics, Oakland, CA, and Community Action for Liberation Medics (CALM), Seattle, WA.

GUNSHOT WOUNDS—if someone's hurt:

- Introduce yourself to the victim
- Ask for consent—if the person is unconscious, consent is implied, but describe your actions; for more on liability and laws, visit bit.ly/3o10gkj or scan QR code:  Scan for liability info
- Call 911 for medical aid
- Put victim in recovery position (below), if possible, to help unconscious persons breathe



- Put gloves or plastic bags on hands
- Check for any entrance/exit wounds and keep pressure on wound
- Talk to the victim

SHOCK—how to identify:

Call 911 for medical aid; keep victim warm.

- Pale, cold, clammy skin
- Shallow, rapid breathing or trouble breathing
- Rapid heartbeat, irregular heartbeat
- Thirst or a dry mouth
- Nausea and/or vomiting
- Dizziness or light-headedness
- Confusion, disorientation, or anxiety
- Unconsciousness

RESOURCES

Dealing with TRAUMA

It's important to recognize signs of trauma and get help. For more information, visit bit.ly/3rWEbnQ or scan QR code to the right:



Scan for trauma info

Mental health providers

Chevonna Gaylor, MA, LMFT

Phone: 951-291-7037

Email: chevonnalmft@gmail.com

Dr. Chalon L. Ervin, Psy. D.

Renewal of the Mind Psychological Services LLC

Phone: 206-717-4166

Email: clervin@drchalon.com

www.drchalon.com

Robert E Gant, MA, LMHC

Phone: 206-854-8634

Email: robert@urbanlifetherapy.com

Donna Nickelberry

Valley Cities Behavioral Healthcare

Phone: 206-516-8067

Email: dnickelberry@valleycities.org

www.valleycities.org

Crime victim advocacy and support

Victim Support Services

Emotional support and help with resources.

Phone: 425-252-6081

victimsupportservices.org

Harborview Abuse & Trauma Center

For victims of crime and interpersonal violence.

Phone: 206-744-1600

www.depts.washington.edu/uwhatc/services/

Virginia Mason Grief Services

Individual and group therapy and support services after sudden, traumatic death.

Phone: 206-223-6398

www.virginiamason.org/grief-services

API Chaya

Services for survivors from Pacific Islander, Native Hawaiian, Asian, and South Asian communities.

Helpline: 206-325-0325, Mon-Fri 10am-4pm

www.apichaya.org

For additional resources, email

info@rbactioncoalition.org and/or

info@positiveplace.org.