

The Pastoral Care Team is here for you - (708) 246-1900

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Crisis Text Line:

Text NOW to 741741

Having a rough day? This is a free, 24/7, confidential support with a trained crisis counselor.

Resources from the American Psychological Association:

For people who are suffering distress or just wanting to better understand gun violence, the APA offers a variety of resources on its website, including:

- [Managing your distress in the aftermath of a shooting](#)
- [Helping children manage distress in the aftermath of a shooting](#)
- [How to talk to children about difficult news and tragedies](#)
- [How much news coverage is OK for children?](#)
- [Warning signs of youth violence](#)
- [Understanding and Preventing Violence Against Teachers](#)
- [Gun Violence: Prediction, Prevention, and Policy](#) (an expert panel report)
- [APA's Gun Violence Prevention Efforts](#)

Symptoms of Anxiety:

Reach out for help and support if you or your children are experiencing these symptoms:

Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical symptoms:

- Pounding or racing heart and shortness of breath
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea