



NAMI Colorado Statement on Shooting at Club Q in Colorado Springs

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NAMI Colorado extends our deepest sympathies to the individuals and families affected by the shooting that occurred at Club Q in Colorado Springs on Saturday, November 19th, 2022. No individual should have to experience senseless violence and no family or loved one should have to suffer such a loss. We stand together with all who are affected by the shooting in Colorado Springs, and we offer our condolences in concert with [NAMI Colorado Springs](#).

When tragedies like this occur, it's normal for people to experience emotional distress. Feelings such as overwhelming anxiety, trouble sleeping, and other depression-like symptoms are common responses to these incidents. We are proud of our local and national partnerships and suggest the following resources for those experiencing unrest, challenge, crisis or unease:

- Anyone experiencing symptoms of emotional distress to call or text the [Disaster Distress Helpline](#) 24/7 at 1-800-985-5990 for support and counseling.
- Those in need of crisis support with a Colorado area code can call or text 988, the [new crisis lifeline](#).
- If you live in Colorado, but your phone number's area code is from outside the state, use the pre-existing Colorado Crisis Services at 1-844-493-8255 or text "talk" to 38255
- Support is also available if you Text NAMI to 741-741 to receive free, 24/7 crisis support via text message or call NAMI Helpline 800-950-6264 Monday-Friday 8 a.m.-8 p.m. MST.
- The Trevor Project, which specializes in serving LGBTQ young people, offers chat, call and text options at www.thetrevorproject.org.

We extend our condolences to all affected by the shooting in Colorado Springs. NAMI Colorado is available for assistance from 10 a.m.-4 p.m., M-F at 303-321-3104 or info@namicolorado.org. NAMI Colorado builds communities of recovery and hope by educating, supporting, and advocating for individuals affected by mental illness and their families. Often, we can see a rush to explain mass shootings by identifying mental illness as the primary or sole causative factor. It is essential to understand the nature of mental illness. The overwhelming majority of people with mental illness are not violent. In fact, people with mental illness are more likely to be the victims of violence than the perpetrators of it. By overstating the risk between gun violence and mental illness, we run the risk of creating further barriers to treatment – people with mental illness may become increasingly reluctant to seek services.

NAMI Colorado and its partners continue to build communities of recovery and hope by educating, supporting and advocating for individuals affected by mental illness and their families. Learn more at www.namicolorado.org.