



**Mental Health America of Franklin County**

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## **The Anniversary of 9/11: Helping Employees Cope**

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Anniversaries of tragedies can be difficult times for many people. For some, especially those family members and friends who were directly touched, the anniversary of 9/11 is a powerful reminder of loss. For others, who thought they had put the tragedy behind them, the anniversary may produce unexpected anxiety and grief.

Most Americans were at work when they watched the horror of September 11 unfold. When the second anniversary of that tragic date arrives, Americans will again be at work, perhaps reliving the events of that morning. The anniversary is certain to trigger a wide range of emotions. Here are a few things that employers can do to help their employees get through the day:

- **Mark the day in some way.** This date in our country's history cannot possibly be ignored. It has great significance to everyone. Acknowledge the day in whatever way your organization decides, but do acknowledge it. Get input from your staff. Whether it's a special edition of your employee newsletter, a donation to a local group, or simply a moment of silence, make sure that all employees are invited to participate. Make whatever arrangements are necessary in advance to ensure everyone has the opportunity to take part. Everyone should also have the option to refrain from participating.
- **Educate your supervisors and managers** in advance about the signs of emotional distress and available mental health resources so they can advise their staff. It's especially important for them to be responsive to employees with special needs, whether it's those who lost a loved one on September 11, someone with a family member on active duty with the military, or someone dealing with a mental health or drug abuse problem. Be alert to new employees, who may have suffered a loss or have issues you don't yet know about.
- **Provide educational resources.** Your employee assistance program (EAP), human resources unit and/or local mental health association may have educational materials and information on covered treatment resources. Make sure to have up-to-date provider listings, as well as information about available benefits and the processes for accessing care.

- **Facilitate communication among employees.** Support from their colleagues can help people work through difficulties. Consider allowing people to break from work periodically to talk. Provide a comfortable environment where they can gather.
- **Promote tolerance.** Warn employees that you will not tolerate hostility directed at members of specific ethnic or religious groups, in the workplace, among your customers or in the community. Supervisors should challenge discriminatory remarks or actions, or any form of harassment, and take appropriate disciplinary action.
- **Have a professional counselor at the workplace.** This is particularly important if your organization was directly affected by the events of 9/11. A professional, or group of professionals, can lead a group meeting and provide individual counseling. This approach can help lift everyone's spirits and give extra help to those who need it. Look to your company Employee Assistance Program (EAP) for ideas on appropriate topics and guest speakers.
- **Host a community event.** Hold a blood drive at your worksite, collect clothes and household items for a local shelter, or host a special event for some heroes in your community. Doing something positive for others will help everyone feel they have some control over what happens to them.
- **Make allowances in your leave policy.** Allow people time off who wish to do something positive on this day (volunteering at community organizations, visiting family members, etc). Activities that help people feel they're making a difference will lift their spirits. And they'll share that improved morale at the workplace.
- **Plan for future emergencies.** Use this day as an opportunity to create or review your organization's emergency plan. Make sure to involve all your staff. Knowing there's a plan will help promote some peace of mind.

**Mental Health America of Franklin County** is a private, not-for-profit organization, established in 1956. We help people navigate the mental health system. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; free support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; mental health screenings in English and Spanish; Pro Bono Counseling Program where underinsured and uninsured individuals can receive free counseling; community and professional mental health education including Get Connected; maternal mental health support and advocacy (POEM); and a quarterly newsletter featuring legislative updates and new happenings at MHAFC. We receive funding from the Franklin County ADAMH Board, United Way of Central Ohio, individuals, foundations, and corporations. To become a member or find out more information, please visit us online at [www.mhafc.org](http://www.mhafc.org).