



Mental Health America of Franklin County

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Coping With War-Related Stress Information For Military Families And Communities

As the conflict in the Gulf intensifies, all Americans will experience varying amounts of grief and fear. Nobody is unaffected by war. In military families, however, there is the added fear for the safety of loved ones who may be or already have been deployed, as well as the potential challenges of coping as a single parent.

You or someone you know may already be experiencing some of the following signs of the emotional impact of this stress, or these symptoms may arise over the coming weeks and months:

- Difficulty completing tasks
- Trouble concentrating
- Fear and anxiety about the future
- Apathy and emotional numbing
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Extreme hunger/lack of appetite
- Difficulty making decisions
- Crying for “no apparent reason”
- Headaches or stomach problems
- Difficulty sleeping
- Excessive drinking or drug use
- Feeling withdrawn

Some people will try to get back into the routine of life as soon as possible to regain a sense of control, but others will have difficulty focusing for some time. Both reactions are common responses to crisis. The intensity of your feelings will decrease as time passes and you focus attention on day-to-day activities. Because everybody experiences stress differently, do not compare your “progress” with others around you or judge other people’s reactions and emotions. While many people survive major life stressors without developing significant psychological problems, others may need assistance.

Here are some tips for coping during these difficult times:

Talk About It: By talking with others, particularly other military spouses, you will relieve stress and realize that other people share your feelings. Support groups exist at most military installations. If there is one available to you, join; if not, consider starting one. If you feel overwhelmed, ask for help. It is not a sign of weakness. Talk with a trusted relative, friend, family services staffer, minister or rabbi.

Military chaplains can be helpful, as most receive training in pastoral counseling and crisis. Do not let yourself become isolated.

Take Care of Your Physical Health: Get plenty of rest and exercise, avoid excessive drinking and drugs, and eat properly. Avoid foods that are high in fats and calories.

Limit your exposure to the news media: Especially avoid around-the-clock television news coverage and the Internet. The images, rumors and speculation can be very damaging to your sense of well-being.

Engage in activities that you find relaxing and soothing: Plant flowers, attend a concert, visit an art gallery, or take a long bath. Be kind to yourself.

Do something positive: Get involved in activities that encourage togetherness and reassurance. Contact FIRSTLINK at 614-221-2255 for Columbus area volunteer opportunities. Give blood or write letters to people in the military. Support a friend or neighbor who is having a difficult time.

Seek Treatment: If you have strong feelings that will not go away or you are troubled for more than four to six weeks, you may want to seek professional help. People who have had previous mental health problems and who have survived past trauma may also want to check in with a mental health care professional. Nearly every military installation has a Family Service Center, Family Support Center or Army Community Service Center (depending on the branch of service) where you can access information, referral, counseling, and crisis intervention services.

Columbus area military personnel or their families can access the Family Advocacy Program web site via the Defense Supply Center home page at www.dsc.dla.mil. You may contact the Family Advocacy Program Manager via the email address listed there.

In addition, all military families, including those of National Guard and Reserve members who are activated for more than 30 days, are eligible for medical and mental health care either at a Military Medical Treatment Facility or at a civilian facility through the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS).

Resources For Additional Information And Support

Contact Mental Health America of Franklin County at 614-221-1441 for information on mental health, mental illness, treatment options, and local treatment services in our area.

Tricare, the administrator of health and mental health services for the armed services, provides information about mental health benefits programs for the military at their website, www.tricare.osd.mil.

The ***Army Family Assistance Hotline*** is 1-800-833-6622, and the ***Army Reservist Hotline*** is 1-800-318-5298. The ***Coast Guard Reserve Website*** is www.uscg.mil/hq/reserve/reshmpg.html. The number for ***Marine Corps Community Service Centers*** West of the Mississippi is 1-800-253-1624; and, East of the Mississippi, the number is 1-800-336-4663.

The ***U.S. Department of Veteran Affairs*** operates a website (www.va.gov) that contains information on and applications for compensation, health, burial, and other benefits.

The ***National Center for Post-Traumatic Stress Disorder*** is a program of the U.S. Department of Veteran Affairs that focuses on research and education on post-traumatic stress. It operates a website at www.ncptsd.org.

The *Vietnam Veterans of America* website has a section on post-traumatic stress that includes suggestions for veterans or their survivors seeking VA benefits. Information on how to apply for benefits, how the VA establishes levels of disability, what to do if an appeal is lost, medical services, etc., can be accessed at www.vva.org/benefits/ptsd.htm.

The *Anxiety Disorders Association of America* offers information on all anxiety disorders, as well as a referral network of professional therapists and self-help groups. Call 240-485-1001, or visit www.adaa.org.

The *International Society for Traumatic Stress Studies* has research and clinical information about PTSD and can be accessed at www.istss.org.

Sidran is a charitable organization that collects, produces and publishes information on traumatic stress. The website is www.sidran.org.

The College of Human Ecology at *Kansas State University* has information for families dealing with the impact of deployment at www.humec.k-state.edu/news/2003/militarymain.html.

Tragedy Assistance Program for Survivors, Inc. (TAPS) assists people who have lost family members in the Armed Forces. TAPS provides a survivor peer support network, grief counseling referrals, and crisis information and can be reached at 1-800-959-TAPS (8277) or www.taps.org.

Other websites for military families include: www.lifelines2000.org; www.militarycity.com (this includes access to www.armytimes.com, www.navytimes.com, www.airforcetimes.com, and www.marinecorpstimes.com); www.afsv.af.mil/FMP; and www.sgtmoms.com.

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.