



Mental Health America of Franklin County

2323 W. Fifth Ave. Suite 160, Columbus, OH 43204

Telephone: (614) 221-1441 Fax: (614) 221-1491

info@mhafc.org

www.mhafc.org

Coping with the Anniversary of September 11

Tips for Adults

Just as we've put the disturbing images and overwhelming stress of September 11 behind us, the date on the calendar approaches again. In addition to having to deal with mounting speculation about repeat terrorist attacks, we know we'll also be confronted by round-the-clock, media replay of all the day's destruction and aftermath.

The anniversary date, and all it brings with it, will stir strong emotions in all of us. But, it's important to remember, there are positive ways to cope with the stress:

- Do something positive that will help you gain a greater sense of control. Give blood, start a new class, or do something you find especially enjoyable after work. Planning ahead is important to the process.
- Get plenty of rest and exercise. Remember to eat well. Avoid excessive drinking and risk-taking activities.
- If you start to feel overwhelmed by your feelings, ask someone you know for help. It's not a sign of weakness. Talk with a friend, family member, doctor, minister, or religious advisor. Often, talking about your fears and feelings is enough to relieve stress and realize that other people share your feelings.
- Recall other times you've experienced strong emotions and how you handled them then.
- Don't compare yourself to how others around you are dealing with the September 11 anniversary. Everyone experiences and copes with stress differently. Remember not to judge other people's emotions.
- If you have children, encourage them to discuss their concerns and feelings with you. Maybe plan an after-school outing with them that will give everyone something positive to look forward to.
- If you have strong feelings that won't go away, schedule professional help. Naturally, the one-year mark is especially emotional for those who lost loved ones to the terrorist attacks and those only now experiencing post-traumatic stress disorders. People with mental health problems and survivors of past trauma may especially want to see a mental health professional.

For more information or to be referred to a mental health treatment center, call Mental Health America of Franklin County at 614-221-1441 or go to www.mhafc.org.

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.