



Mental Health America of Franklin County
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Coping with the Anniversary of September 11

Quick Tips for Coping

Tips for Children

- Talk to your kids about their feelings.
- Plan ahead to keep them occupied on 9-11.
- Cut back on TV time and pay particular attention to what children are watching.
- Take care of yourself. Remember that kids model adult behaviors.
- Let them know that it's difficult for all of us to understand.
- For more information or for a referral to a therapist, call Mental Health America at 614-221-1441 or visit us online at www.mhafc.org.

Tips for Adults

- Cut back on TV time
- Do something positive such as giving blood or volunteering your time.
- Get plenty of rest and exercise.
- If you feel overwhelmed by emotions, ask someone you know for help.
- Don't compare yourself to others. We all deal with stress differently.
- If you have feelings that won't go away, seek professional help.
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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.