

Additional Resources

Anxiety Disorders Association of America (ADAA)

8730 Georgia Avenue, Suite 600
Silver Spring, MD 20910
Phone: 240-485-1001
Fax: 240-485-1035
Web site: www.adaa.org

National Mental Health Association

2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
Local phone: 703-684-7742
Toll-free: 800-969-NMHA (6642)
Fax: 703-684-5968
Web site: www.nmha.org/reassurance/anniversary/index.cfm

Department of Veterans Affairs

National Center for Post-Traumatic Stress Disorder
116D VA Medical and Regional Office Center
White River Junction, VT 05009
Phone: 802-296-6300
Web site: www.ncptsd.va.gov/facts/disasters/fs_rescue_workers.html

Federal Emergency Management Agency (FEMA)

500 C Street, S.W.
Washington, DC 20472
Toll-free: 800-621-FEMA
Web site: www.fema.gov/index2.htm

National Institute of Mental Health

Office of Communications
6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663
Local phone: 301-443-4513
Toll-free: 866-615-NIMH (6464)
TTY: 301-443-8431
Fax: 301-443-4279
Web site: www.nimh.nih.gov

Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

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- Reduced income may require taking a second job.
- Daily travel and commute patterns may be disrupted, because of the loss of a car or road reconstruction.

Financial Worries

- Those who experience work disruptions may be unable to regain their previous standard of living, leading to financial concerns and unpaid bills.
- Seeking financial assistance to rebuild and repair damages adds to the already high levels of stress caused by the disaster or traumatic event, and the hassles of dealing with a bureaucracy can add to the frustration.

How to Be a Survivor

Regardless of individual circumstances, everyone needs to complete several steps to recovery from a disaster or traumatic event.

- Accept the reality of the loss.
- Allow yourself and other family members to feel sadness and grief over what has happened.
- Adjust to a new environment. Acknowledge that the person or possessions lost are gone forever.
- Put closure to the situation and move on. Do not continue to let the loss take its physical, emotional, or spiritual toll.
- Have faith in better times to come.

You and your family have survived a traumatic event. That doesn't mean your lives are over or that you don't deserve to be happy again. Return to doing things you enjoy with friends and as a family. Reestablish the routines of your life. Make commitments and keep them.

If you or a member of your family still has trouble coping, ask for help. Consult a counselor or mental health professional. In the workplace, you may be able to get assistance from your human resources department or your company's Employee Assistance Program. For help with financial matters, contact a financial advisor.