

SERG Haitian Support Program

Codman Square Health Center

Healthy Mind, Healthy Body: Let's Cope, Deal and Heal.



*It's been a year,
where do we go from
here?*

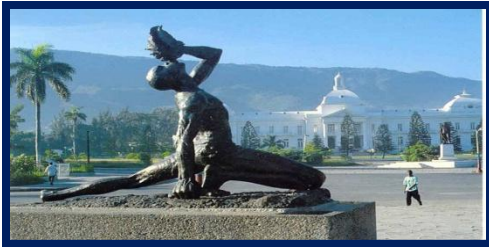


**Codman Square
Health Center**

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To serve as a resource for
improving the physical, mental
and social well-being of the
community.



What is Mental Health?

Mental health is an important part of health. There is no "Health" without mental health. Being Healthy is not only defined by the absence of disease/illness, but a complete state of physical, mental and social well-being.

Disaster Mental Health

After a disaster, it is normal for survivors to feel anxious, stressed, depressed and sometimes guilty. A disaster of any kind can cause unusual and unwanted stress for the survivors trying to reconstruct their lives. Despite widespread distress, self-recovery and resilience is the norm in the face of crisis. It is important for survivors to understand the normal reactions to a disaster and the warning signs that show they need to seek the help of a mental health specialist.

Initial Responses to a Disaster

- Fear
- Disbelief
- Reluctance to abandon property
- Disorientation and Numbing
- Difficulty in making decisions
- Need for information
- Seeking help for yourself and your family
- Helpfulness to other disaster victims

Some Later Responses to a Disaster

- Change in appetite and digestive problems
- Difficulty in sleeping and headaches
- Anger and suspicion
- Apathy and depression
- Crying for "no apparent reason"
- Frustration and feelings of powerlessness over one's own future
- Increased effects of allergies, colds, and flu
- Feelings of being overwhelmed
- Moodiness and irritability
- Anxiety about the future
- Disappointment with, and rejection of, outside help
- Isolating oneself from family, friends, or social activities
- Guilt over not being able to prevent the disaster

*For more information call
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WARNING SIGNS:

If you feel the following symptoms for more than a month, SEEK HELP:

- Recurring thoughts or nightmares about the event.
- Having trouble sleeping or changes in appetite.
- Experiencing anxiety and fear, especially when exposed to events or situations reminiscent of the trauma.
- Being on edge, being easily startled or becoming overly alert.
- Feeling depressed, sad and having low energy.
- Experiencing memory problems including difficulty in remembering aspects of the trauma.
- Feeling "scattered" and unable to focus on work or daily activities. Having difficulty making decisions.
- Feeling irritable, easily agitated, or angry and resentful.
- Feeling emotionally "numb", withdrawn, disconnected or different from others.
- Spontaneously crying, feeling a sense of despair and hopelessness.

