

Gulf Oil Spill: Get the Facts

MENTAL HEALTH RESOURCES

ESCAMBIA COUNTY

LAKEVIEW CENTER
1221 W. LAKEVIEW AVE.
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24-HOUR CRISIS LINE
850.438.1617

SANTA ROSA COUNTY

AVALON CENTER OF LAKEVIEW
6024 SPIKES WAY
MILTON, FL 32570
850.437.8900

24-HOUR CRISIS LINE
850.438.1617

OKALOOSA COUNTY

BRIDGEWAY CENTER
24-HOUR CRISIS LINE
850.833.9200

WALTON COUNTY

COPE CENTER
24-HOUR CRISIS LINE
850.892.4357

Hope & Resiliency

No doubt, the Deepwater Horizon oil spill has had an effect upon us all here on the Gulf Coast.

During these difficult times it becomes quite easy (and very natural) to become angry, anxious and depressed. A thousand questions crowd our heads.

- When will the well be securely capped?
- How much oil was spilled into the Gulf?
- How much damage has been done? And most importantly...
- When will things return to "normal?"

The first thing we need to recognize is the fact that whatever we are feeling is natural. Secondly, while many things remain out of your

control, recognize that how you react to this (or any other catastrophic event) is within your control. Resilience means being able to adapt to life's misfortunes and setbacks. Here are a few suggestions to help you cope during these difficult times:



- Build and maintain supportive and positive relationships during this crisis.
- Evaluate and affirm your individual strengths and abilities.

- Focus on what you can do. You can't change what is happening to you and your community, but you can change how you respond.
- Take care of your physical health. Make sure you have a balanced diet, and you are getting enough rest.
- Develop a long-term perspective into what you will be required to do to improve your situation and get your life back on track.
- Remember that we are a resilient people. We have faced multiple challenges in the past ten years, and have dealt with them successfully!

When You Need Help

Clearly, there are times, when despite our best efforts, you or someone you know can have real problems coping with traumatic events such as this.

It is important that you are able to recognize the differences between normal stress and an abnormal reaction to any given event.

If you or a loved one appears to

be having real difficulty in coping with the aftereffects of the Deepwater Horizon Oil Spill, you may see various stress reactions:

- Severe depression and anxiety
- Feelings of hopelessness
- Substance abuse
- Trouble with day-to-day functioning
- Domestic violence or child

abuse

- Any thoughts or plans for a person to end his or her life

Any of these symptoms points to the need for professional intervention and care.

If these symptoms appear, please consult with your family physician or your local mental health provider.