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FOR IMMEDIATE RELEASE: Tuesday, June 14, 2016

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Help available to those experiencing trauma

Healing is possible in the wake of tragedy

OLYMPIA – We grieve for the victims, their families, the witnesses and the greater Orlando community after the horrific act of violence this past weekend.

The psychological wounds of a trauma of this magnitude can be severe. For survivors, the world may no longer feel safe. Mass violence, once confined to action movies and war zones, became a reality in their own backyard. In a moment, their sense of safety and trust in the world around them shattered.

These reactions are natural responses to mass violence.

An individual's experience of trauma impacts every area of functioning — physical, mental, behavioral, social, and spiritual. The economic costs of untreated trauma-related alcohol and drug abuse alone were estimated at \$161 billion in 2000. The human costs are incalculable.

Healing is possible. People are resilient and when support is in place, a person can find meaning in their lives again, even after a terrible tragedy.

We urge our community members, those who are reacting to news coverage or who are aware of others reacting to the news, to be aware of symptoms of trauma and reach out for help. Symptoms may include headaches, backaches, stomachaches; sweating and/or heart palpitations; and changes in sleep patterns and appetite. If you or someone you love of any age needs help, please call the Thurston Mason Crisis Clinic line at (360) 586-2800. A referral to community behavioral health agencies will be available to talk with you.

Thank You: Thurston Mason Behavioral Health Organization (TMBHO) - Bud Blake – Commissioner, Terri Jeffreys – Commissioner, Cathy Wolfe – Commissioner and Mark Freedman, TMBHO Administrator.

(Excerpted from Linda Rosenberg, president and CEO, National Council for Behavioral Health)

For more information contact Mark Freedman at freedmm@co.thurston.wa.us
or call (360) 867-2558.

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