YOUR HEALING JOURNEY

People react to dangerous, frightening and traumatic events differently than they react to other situations. We don't get to choose how we respond; our bodies respond for us by going in to fight, flight, or freeze mode. Your body did the best it could to help keep you safe during the time of the event.

Oftentimes people think about what happened over and over after experiencing trauma. Your body may automatically react to these memories or flashbacks with a very fast hearbeat, tight muscles, or intense feelings of sadness, fear, or anger. Some important things to remember:

THERE IS NO "RIGHT" OR "WRONG" WAY TO FEEL ABOUT WHAT HAS HAPPENED

YOUR FEELINGS ARE NORMAL

SOME REACTIONS DON'T SURFACE UNTIL LATER

EVERYONE HANDLES STRESS DIFFERENTLY

AVOIDANCE DOES NOT GET US THROUGH TRAUMA

CALL TODAY TO MAKE AN APPOINTMENT

Please call our main office at 409-762-8636 during office hours:

Monday - Thursday: 8am - 5pm Friday: 8am - 1:30pm

Early morning and late appointments available upon request

If you have an emergency, please call 911







www.fscgal.org

VICTIM SUPPORT SERVICES PROGRAM



Helping Survivors Build Strength and Resiliency

YOU ARE NOT ALONE

In 2018, Galveston County had
1 crime every 38 minutes
1 violent crime against a person every 90 minutes
1 family violence incident every 3 hours
1 child abused/neglected every 10 hours
1 assault every 18 hours
1 fatal DUI car accident every 36 hours
1 murder every 24 days

GALVESTON OFFICE

2200 Market Street, Suite 600, Galveston, Texas 77550 409-762-8636 (phone) 409-762-4185 (fax)

DICKINSON OFFICE

2401 Termini Street, Suite C, Dickinson, Texas 77539 281-576-6366 (phone) 409-938-4814 (phone) 409-938-4849 (fax)



FAMILY SERVICE CENTER'S MISSION is to promote the mental health and well-being of individuals and families through counseling, education, and prevention.

VICTIM SUPPORT SERVICES

SURVIVOR: to beat the odds, one with great courage and strength, a true inspiration

COMMON REACTIONS TO VIOLENCE & TRAUMA

Difficulty breathing

Nightmares

Flashbacks

Feeling detached

Tearfulness/Crying

Hopelessness

Guilt

Easily startled

Feeling on guard

Rapid Heart Rate

Grief

Panic/Fear

Denial

Anxiety

Irritability

Mood swings

Depression

Anger

Difficulty sleeping

Restlessness

Difficulty concentrating

Withdrawal from family/friends

Increased/decreased appetite

Increased alcohol/drug use

Trauma adversely effects the body and brains of victims....it's important to seek help to overcome the negative impact of trauma.

HOW FSC CAN HELP

Trauma-informed counseling for victims of crime and their families

Support Groups

Strengths-based, solution-focused support

Comprehensive support through connections to other victim services

Services are free of charge

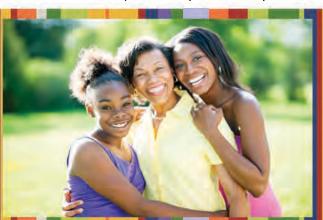
FSC's *licensed*, *professional* clinicians hold degrees in:

Psychology

Social Work

Counseling

FSC is dedicated to providing quality services to you and your family.



COPING

- Talk with those you trust
- Maintain a regular workout schedule
- Plan for time alone
- Journal your feelings and reactions to the event
- Put off decisions that can wait
- Maintain a normal sleep schedule
- Take a break from work and other responsibilities as needed
- Eat well and take vitamins
- Drink plenty of water
- Avoid alcohol, caffeine, sleeping aids and excess salt
- Seek professional help, as needed

Our goal is to REDUCE the traumatic impact on the victim and their family and ENHANCE coping skills.