

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 heartbeat, 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	Grief
Nightmares	Panic/Fear
Flashbacks	Denial
Feeling detached	Anxiety
Tearfulness/Crying	Irritability
Hopelessness	Mood swings
Guilt	Depression
Easily startled	Anger
Feeling on guard	Difficulty sleeping
Rapid Heart Rate	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.

