

Helpful Resources

Statewide Resources

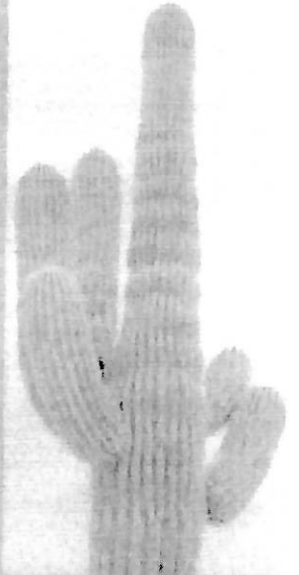
- **1-888-688-4222 | Opioid Assistance and Referral Line**
Local medical experts offer patients, providers, and family members opioid information, resources and referral 24/7. Translation services available.
- **1-800-662-HELP (4357) | SAMHSA's National Helpline**
Free, confidential treatment referral and information service available 24/7 (in English and Spanish).
- **NaloxoneAZ.com**
See where the opioid overdose reversal drug naloxone is available near you.
- **DumpTheDrugsAZ.org**
Find a location to dispose of unused, unwanted, or expired medication.
- **FindTreatment.gov**
Find treatment resources available in your area.
- **TalkNowAZ.com**
Get tips on talking with youth about substance use.

Community Resources

- **OpioidOD.com**
Learn more about the harms of fentanyl and other opioid drugs. Hear stories about how the opioid crisis has touched our community.
- **1-877-756-4090 | Northern Arizona Crisis Line**
Free, confidential help for someone experiencing a crisis.
- **matforce.org**
Drug prevention information and resources

Youth Resources

- Text *HELLO* to **741741** to text anonymously with a trained crisis counselor for free, 24/7
- **Teen Lifeline | Available 24/7**
1-800-248-TEEN (8336)
Arizona support line for teens operated by teens.
- **Suicide Prevention Lifeline | Available 24/7**
1-800-273-8255
Helps individuals in suicidal crisis with support.
- **Trevor Project Lifeline | Available 24/7**
1-866-488-7386
Confidential suicide hotline for LGBT youth.
- **Teens Helping Teens | Available 6p to 9p PST**
1-800-TLC-TEEN
Text *TEEN* to **839863** to speak with another teen.



Hotlines

- **National Suicide Prevention Lifeline**
- 1(800) 273-8255
- Text: "Start" to 741-741
- **Veterans' Suicide Prevention Lifeline**
- 1(800) 273-8255
- **NAZCARE Warm Line (Crisis Line)**
- 1(888) 404-5530
- Arizona statewide Warm Line which callers can utilize from the hours of 11:00am – 10:30pm seven days a week.
- Trained Warm Line Mentor staff offer callers active listening, coping skills, and make referrals to resources and crisis services to cities and counties throughout Arizona
- **Ayuda En Español**
- 1(888) 628-9454
- **The Trevor Lifeline**
- 1(866) 488-7386
- Suicide Prevention for LGBTQ Youth
- **Sexual Violence**
- **1-(800)-771-2797 Yavapai County Sheriff Dept.**
- 1-(928)-775-0669 Yavapai Family Advocacy Center
- RAINN National Sexual Assault Hotline
- 1(800) 656-4673

Mental Health Counseling

- **Polara**
- 1(928) 445-5211
- <https://www.polarahahealth.com/>
- Formally West Yavapai Guidance Clinic
- Prescott, Prescott Valley, Chino Valley
- Mental health counseling and psychiatric services; Diagnosis and treatment, substance use disorders, support groups. Adults and children.
- Telehealth services available.
- Accepts most insurance including Medicaid (AHCCCS), and sliding fee scale available
- **Spectrum Healthcare**
- 1(877) 634-7333
- Spectrum Healthcare provides COVID-19 testing and vaccines, primary care for all ages, **mental health and counseling services**, pain management, and substance abuse treatment. Virtual appointments or in-home care are available. Accepts most insurance including AHCCCS
- Prescott / Cottonwood / Camp Verde
- **SW Behavioral Health**
- (928) 775-7088
- Accepts most insurance including AHCCCS
- Services provided: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Opioid Treatment, DUI education and DV education.

GRIEF AND TRAUMA RESPONSES

WHAT IS GRIEF?

Grief is the normal response of sorrow, heartache, and confusion that comes from losing someone or something important to you. Grief can also be a common human response after a disaster or other traumatic event. Grief is not a state but a process.

Each person is unique and therefore each person's response to grief and trauma are unique.

For most of us, the body interprets grief as an intense form of stress and switches on the fight-flight-freeze responses.



Being able to address people's common reactions from a more "scientific" point of view is often helpful to them. In life, there are three universal emotional responses which include anger, guilt, and grief.

You may feel empty or numb, or unable to feel joy or sadness. You may also feel angry. You may experience physical reactions, including the following:

- Trembling
- Muscle weakness
- Nausea and trouble eating
- Trouble sleeping or difficulty breathing
- Dry Mouth

Eventually, you may also notice positive changes in yourself from your experience of loss, such as the following:

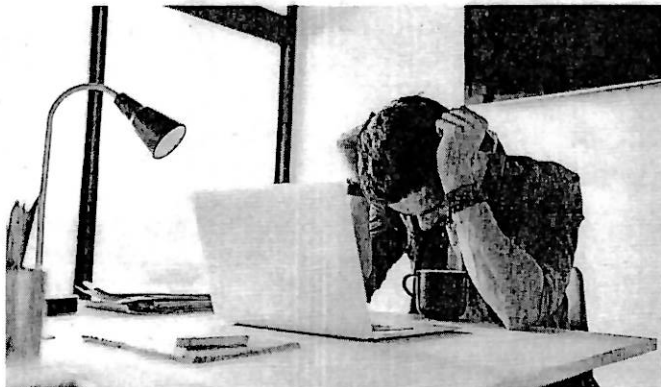
- Becoming more understanding and tolerant
- Having increased appreciation for relationships and loved ones
- Feeling grateful for the presence of those in your community who are loving and caring
- Experiencing enhanced spiritual connection
- Becoming more socially active
- Getting involved in advocacy to help people who have experienced similar losses

POSSIBLE REACTIONS TO GRIEF OR A TRAUMATIC EVENT

After a loss or a traumatic event, the body and mind are impacted in various ways. Typical symptoms manifest in four areas: emotional disruption, physical reactions, behavioral changes, and cognitive function. Again, they are unique to each individual, but below are some of the most common reactions.

YOU MAY FEEL EMOTIONALLY:

- Anxious or fearful
- Overwhelmed by sadness
- Angry, especially if the event involved violence
- Guilty, even when you have no control over the event.
- Heroic, like you can do anything
- Like you have too much energy or no energy at all
- Disconnected, not caring about anything or anyone
- Numb, unable to feel either joy or sadness
- Hopelessness, sadness, or depression
- Feeling isolated
- Shock or disbelief
- Withdrawn
- Tearfulness
- Feeling overwhelmed



YOU MAY HAVE PHYSICAL REACTIONS SUCH AS:

- Having stomachaches or diarrhea
- Having headaches or other physical pains for no clear reason
- Eating too much or too little
- Sweating or having chills
- Getting tremors (shaking) or muscle twitching
- Being jumpy or easily startled
- Rapid heart rate and blood pressure
- Numbness or tingling
- Fatigue



POSSIBLE REACTIONS TO GRIEF OR A TRAUMATIC EVENT

After a disaster or other traumatic event, many factors can disrupt the normal process of grieving, raising the risk for complicated or traumatic grief.

SYMPTOMS OF COMPLICATED OR TRAUMATIC GRIEF:

- Feeling deeply angry about the death or loss
- Being unable to think about anything but your loved one
- Not wanting any reminders of your loved one at all
- Having nightmares or intrusive thoughts
- Feeling deep loneliness and longing for the person you lost
- Feeling distrustful of others
- Feeling unable to maintain regular activities or fulfill responsibilities
- Feeling bitterness about life and envying others not affected by grief
- Being unable to enjoy life or remember happy times with your loved one.



SIGNS SURVIVORS NEED MORE HELP

Some of the more serious signs of stress include the following:

- Disorientation or confusion and difficulty communicating thoughts
- Inability to see or hear properly
- Limited attention span and difficulty concentrating
- Feelings of becoming easily frustrated
- Overwhelming guilt and self-doubt
- Feelings of hopelessness
- Frequent mood swings or continuous crying
- Colds or flu-like symptoms
- Reluctance to leave home
- Fear of crowds, strangers, or being alone
- Increased use of illegal drugs, alcohol, or prescription medication
- Worsening of existing medical problems.

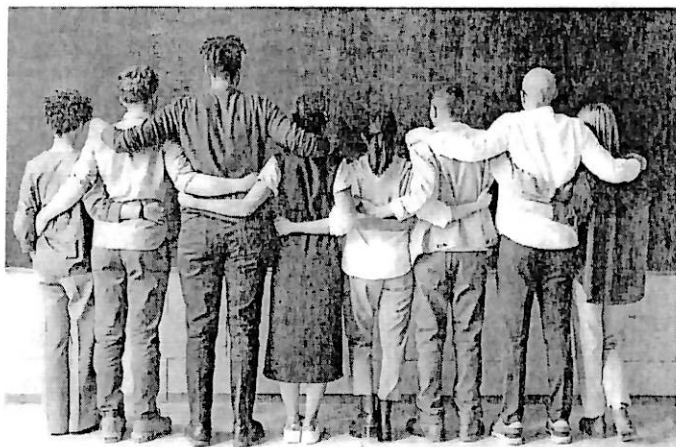
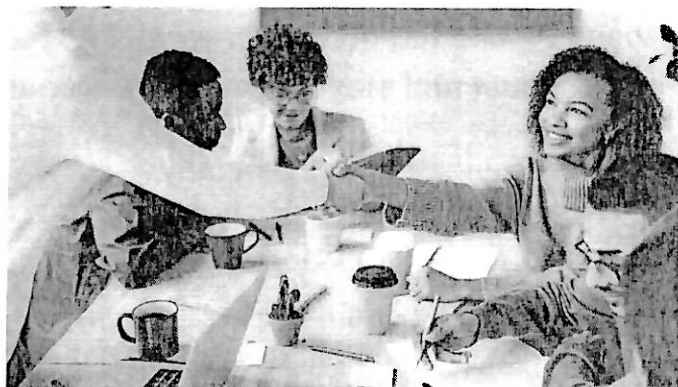


HELPING YOURSELF AND OTHERS

HELPING THOSE YOU CARE ABOUT

Give this to your loved one/friend so they can know what things they can do to help you with the trauma you have gone through.

1. Spend time with the individual.
2. Encourage the individual to talk about the feelings and let them know you care.
3. Do not say, "I know how you feel". Instead, say that you are sorry for their pain or loss.
4. Don't assume that men cope with trauma better than women.
5. Offer assistance whether or not they have asked for help.
6. Don't tell the individual that everything will be okay. Let them know you will be there and offer your support through listening.
7. Don't try to find explanations for what happened.
8. Offer to accompany the individual to any events associated with the trauma (court hearings, funerals, etc.).
9. Help with everyday tasks, like cleaning, cooking, caring for the family, etc.
10. Allow the individual some private time.
11. Try not to take his/her anger or other feelings personally.
12. Sometimes you don't have to say anything. Just being there is enough.





ACTION PLAN

1. ACTIVITIES TO HELP MY RECOVERY

2. TO TAKE CARE OF MYSELF I WILL...

TODAY:	TOMORROW:	NEXT WEEK: