

# 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.

Often times people think about what happened over and over after experiencing such 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 are:

**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**

## YOU ARE NOT ALONE

In 2019, Galveston County had  
1 crime every 56 minutes

1 violent crime against a person every 90 minutes

1 family violence incident every 3 hours

1 child or elder abused/neglected every 8 hours

1 assault every 20 hours

1 DUI car accident every 29 hours

1 murder every 24 days

### Intimate Partner Violence HARMS

1 in 4 children, negatively impacting their mental and physical health and future relationships.

## CALL TODAY TO MAKE AN APPOINTMENT

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

Monday - Thursday: 8 am - 5 pm

Friday: 8 am - 1 pm

*Early morning and late appointments available upon request.*

If you have an emergency, please call 911.



**THE CENTER**  
FOR MENTAL HEALTH  
& WELLBEING



[WWW.FSCGAL.ORG](http://WWW.FSCGAL.ORG)

### GALVESTON OFFICE

2200 Market Street, Suite 600, Galveston, Texas 77550  
Phone: 409-762-8636 Fax: 409-762-4185

### TEXAS CITY OFFICE

10000 Emmett F. Lowry Expressway, Suite 4000-300D  
Texas City, Texas 77591  
Phone: 281-576-6366 Fax: 409-938-4849  
Phone: 409-938-4814



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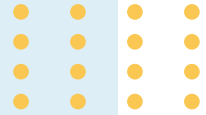


## VICTIM SUPPORT SERVICES PROGRAM

Helping Survivors  
Build Strength and Resiliency

## THE MISSION

To promote the mental health and wellbeing of individuals and families through counseling, education and prevention.



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

## HOW CAN FSC 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 your 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.**

## 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.**

