

Hope. Help. Care.

When disaster strikes, it's easy to become unfocused, overwhelmed, even desperate. That's why we're here: to offer hope, help and care. We'll help by listening and taking action, by helping you and your loved ones feel safer, and by giving you our skill, time and attention.

Pathways is here to help and listen. Every day, Pathways responds to the emotional needs of people in our community, helping desperate people believe that tomorrow will be better. We know when disaster hits, this is especially important.

If you, or someone you know, has been affected by a crisis, Pathways may be able to help. Please take the first step and call or come in.

Pathways Counseling Center
835 North Locust Street
Ottawa, Ohio 45875
www.pathwaysputnam.org
E-mail: pathway@woh.rr.com

419-523-4300

Fax: 419-523-6188

After Hours Crisis Line

1-800-468-4357

8:00 a.m. - 4:30 p.m. M

8:00 a.m. - 8:00 p.m. T & W

8:00 a.m. - 7:00 p.m. Th

8:00 a.m. - 4:00 p.m. F

NATIONAL ACCREDITATION
AWARDED BY:



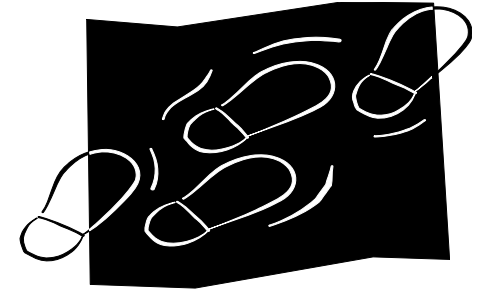
Equal Opportunity Employer &
Equal Provider of Services



United Way of Putnam County
Member Agency

PATHWAYS

Counseling Center, Inc.



**COMPREHENSIVE
MENTAL HEALTH
SERVICES**

**WHAT PEOPLE NEED
AFTER TRAUMA**

**THE AFTERMATH OF
DISASTER**

Phone: 419-523-4300

Fax: 419-523-6188

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Signs That Adults Need Stress Management Assistance

Difficulty communicating thoughts

Difficulty sleeping

Difficulty maintaining balance

Easily frustrated

Increased use of alcohol/drugs

Limited attention span

Poor work performance

Headaches/stomach problems

Tunnel vision/muffled hearing

Colds or flu-like symptoms

Disorientation or confusion

Difficulty concentrating

Reluctant to leave home

Depression / Sadness

Feelings of hopelessness

Mood swings

Cries easily

Overwhelming guilt and self-doubt

Fear of crowds, strangers or being alone



Things to Remember

- *Acknowledging our feelings help us recover.
- *Focusing on our strengths and abilities will help you heal.
- *Accepting help from community programs and resources is healthy.
- *It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

Insurance and public assistance programs may cover a portion or the entire cost for services. There is a subsidy fee scale based upon income and the number of dependents in the family. No individual is refused services because of documented inability to pay.

Pathways Counseling Center, Inc.

is a Contract Agency of the Mental Health Alcohol & Drug Addiction Recovery Board of Putnam County.

Programs and services are not denied to any person because of handicap, developmental disability, race, color, creed, national origin, sex, age, sexual preference, or HIV/AIDS.

Easing the Stress

TALK WITH SOMEONE ABOUT YOUR FEELINGS, ANGER, SORROW AND OTHER EMOTIONS-EVEN THOUGH IT MAY BE DIFFICULT.

DON'T HOLD YOURSELF RESPONSIBLE FOR THE DISASTROUS EVENT OR BE FRUSTRATED IF YOU CANNOT HELP DIRECTLY IN THE RESCUE WORK.

PROMOTE YOUR OWN PHYSICAL AND EMOTIONAL HEALTH BY MAINTAINING DAILY HABITS SUCH AS HEALTHY EATING, RESTING, EXERCISE, ETC.

MAINTAIN A NORMAL HOUSEHOLD ROUTINE, LIMITING DEMANDING TASKS OF YOURSELF AND FAMILY

SPEND TIME WITH FAMILY, FRIENDS AND CHURCH.

PARTICIPATE IN MEMORIALS, RITUALS AND USE OF SYMBOLS AS A WAY TO EXPRESS FEELINGS.

Everyone who sees a disaster is touched by it in some way. During time of crisis, we all have different needs and ways of coping. It is normal to feel anxious about your family's safety; to feel profound sadness, grief and anger after an abnormal event. These coping tips may serve to make difficult times a little easier.