

23 March 2022

There is Hope

Within this space of vaccine injury we have supported, encouraged, and comforted one another through the long journey toward the hope of restored health. We have found ways to embrace our limitations while pursuing healing. The road back to our prior selves has been long, frightening, arduous, and paved with dead ends and unexpected detours.

Many are weary. Hopeless. Discouraged. The days can feel dark. And there may come a day when you decide that you would benefit from talking with a counselor for additional support.

How to Find a Mental Health Counselor

Resources for the Vaccine Injured

Your story matters, your life matters, you matter.



Here are five indications you may benefit from talking to a counselor:

1. **Your work or home-life are negatively impacted** by anxiety, extreme stress, lack of concentration, or an inability to be productive.
2. **You feel a distinct change in your mood.** Maybe you feel continually sad, depressed, angry, or you are unable to manage your emotions.
3. **You are experiencing a change in your sleep habits.** Perhaps you are suffering from insomnia or sleeping too many hours of the day. Your mental health affects your sleep, and your sleep affects your mental health. It can feel like a vicious cycle trying to determine how to address sleep patterns that, in turn, affect your emotions.
4. **You are feeling isolated, dismissed, lonely, or gaslit.** Your feelings and your experience are real to you and finding someone to support you as you navigate your health issues is essential to healing both mental and physical symptoms.
5. **You are considering suicide or are engaging in self-harm.** The energy needed to cope with a chronic illness can be incredibly challenging. When a person loses sight of hope, and the promise of better days seems beyond reach then our thoughts can take us to dark and scary places. Hopelessness makes it easier to believe lies about your worth and/or your purpose. If you are having suicidal thoughts or considering suicide, it is important to reach out to a safe person you trust or call 911 and ask for help immediately.



Deciding to pursue counseling is an important decision.

The effort it takes to seek mental health services when you are ill, depressed, anxious, or grieving can feel overwhelming. We're going to provide you with the following resource to help make the search easier.

Crisis? Need help now?

Text "TALK"
to 741741

American Foundation for Suicide
Prevention

www.afsp.org

Finding Your Counselor

First steps

- Contact your family doctor to ask for a recommendation. Or, ask friends and family if they can recommend a therapist.

- If you have health insurance, call to find out which mental health providers your insurance company will cover. Your insurance company may require that you choose a provider from among a list they maintain.

<https://www.healthline.com/health/how-to-find-a-therapist>

[Sidran Institute Help Desk Traumatic Stress Education and Advocacy](#)

Will help you find therapists who specialize in trauma treatment. [Email](#) or call the Help Desk at (410) 825-8888.

[Anxiety and Depression Association of America](#) offers a therapist search by location and mental health disorder. Call (240) 485-1011 or [Email](#).

[EMDR International Association](#) has a locator that lists EMDR providers.

[ISTSS Clinician Directory](#) is a service provided by the International Society for Traumatic Stress Studies (ISTSS) that lets you consider many factors in searching for a clinician, counselor, or mental health professional.

[American Psychological Association](#) has a Psychologist Locator that allows you to search by location, specialty, insurance accepted, and gender of provider.

[Psychology Today](#) offers a therapist directory by location. You can also find treatment centers.

[MDLive.com](#) board-certified doctors. licensed therapists. "Hassle free healthcare"

**The information provided by these resources are external to React19 and it's partners.

*If you or someone you know may be struggling with suicidal thoughts, you can call the **U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)** any time day or night, or chat online.*

Chat online with a crisis counselor anytime at <http://www.suicidepreventionlifeline.org/>.

You can also call 911 or go to your local emergency room.



The physical and emotional stress experienced by those suffering from COVID-19 vaccination injury can be nearly unbearable at times. Using alcohol or other drugs to relieve stress is an age-old human trait, but *overusing alcohol or other drugs as a coping mechanism during these difficult times has consequences.*

Substance Abuse Treatment Resources

Warning Signs & Resources

Warning Signs

An escalating pattern of drinking or using drugs may be an indication of the development of addiction, which affects relationships and the body:

Factors to Consider

- Increased frequency in drinking alcohol or using drugs
- Use despite concerns expressed by others
- Use despite negative consequences on social or other areas of functioning
- Use despite behavioral problems, such as acting inappropriately, or putting yourself or others into dangerous situations
- If you or a loved one is struggling with alcohol or drug use, do not hesitate to seek help.

Resources:

SAMHSA's National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

National Rehabilitation Hotline

<https://nationalrehabhotline.org/alcohol/alcoholics-anonymous-aa/>

National Institute on Alcohol Abuse and Alcoholism

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/step-1-search-trusted-sources-to-find-providers#search-programs>

Alcoholics Anonymous

<https://www.aa.org/>

Alcoholics Anonymous v. Other Treatments

<https://www.youtube.com/watch?v=aZIDCMbJZ-g>

Narcotics Anonymous

<https://na.org/>



