SUPPORT YOUR MENTAL HEALTH RESOURCES FOR COMMERCIAL FISHERMEN

1. EMERGENCY AT SEA?
   If so, after the fact you and your crew may experience:
   - Nightmares or flashbacks.
   - Insomnia.
   - Being easily startled.
   - Wanting to avoid reminders of the emergency.
   - Sensitivity to smells, sounds, sensations.

   WHAT CAN HAPPEN TO YOUR BRAIN?
   - Memories of the event may become fragmented.
   - You stay in a state of high alert.
   - You see danger everywhere.

2. TAKING CONTROL
   Identifying the trigger that causes you stress can help you cope with it.
   - After an emergency, stop & ask yourself these questions.
   - What types of thoughts were going through my head?
   - What was happening around me?
   - Seek support based off your honest reflections
   - What noises, sounds, & smells was I exposed to during the accident?

3. WHAT CAN YOU DO?
   - Be honest about what you are feeling.
   - Seek support from peers and professionals.
   - Share your experience with others who can relate.

4. WHERE TO GET SUPPORT?
   - TALK
     24hr free, confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery.
     1-800-662-HELP (4357)
   - SEARCH
     Check out your county health department for local services. Online resources can also be found at:
     https://www.samhsa.gov/
   - MEET
     Look for a local support group that can help you with your efforts to take care of your mental health such as:
     Narcotics or Alcoholics Anonymous
     Depression Bipolar Support Alliance
     Recovery International

FFAST
Fisherman First Aid and Safety Training

PACIFIC NORTHWEST AGRICULTURAL SAFETY & HEALTH CENTER

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