



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?

What noises, sounds, & smells was I exposed to during the accident?



Seek support based off your honest reflections



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)

TEXT

CRISIS TEXT LINE

Text "MHFA" to 74141

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