

Tragedy Hits Florida

“Once we get over the disbelief of the massacre in Orlando, we quickly become aware of our own fears, sadness and anger. These events, which are all too common in American society today, can be damaging to our psyche, and can overwhelm our customary coping mechanisms. This type of event demonstrating intolerance, violence, terrorism and other assaults against our sense of right and wrong sometimes requires that we get professional assistance to feel better and to cope well.”

Bruce Saltz, MD, P.A.,
Board Member, Boca Raton’s Promise

Boca Raton’s Promise suggests you consider the mental health resource links listed below, to help you, your family members, and friends and colleagues. They are listed in no particular order of relevance.

<http://www.ncbi.nlm.nih.gov/books/NBK207191/>

www.211palmbeach.org

<http://www.ptsd.va.gov/public/problems/common-reactions-after-trauma.asp>

<http://faulkcenterforcounseling.org/>

http://ralesjfs.org/services/counselingandmentalhealth/psychiatric_services/

<http://www.apa.org/topics/trauma/>

<https://www.splcenter.org/teaching-tolerance>

If you are in CRISIS and need help NOW CALL: 2-1-1 or 1 (800) 273-TALK

If you or someone you love needs help, use the SAMHSA Treatment Services Locator (<https://findtreatment.samhsa.gov>) or call 1-800-985-5990



www.BocaRatonsPromise.org