

Tips for Survivors

- * Remember the basics of life —eat, sleep, exercise, drink plenty of water, and breathe
- * Allow yourself your feelings, they are ALL normal.
- * Keep a journal—write your feelings, your dreams, and your memories. Journaling is a great way to work out your emotions.
- * Allow yourself to talk about your loved one. Find a safe place to do just that.
- * Remember that you have suffered a great loss and a horrific trauma. Allow yourself the time you need to heal.
- * Find special ways to honor the memory of your loved one.
- * Remember, its ok to ask for help. If you feel like you need to talk to a professional or get involved in a support group, do it.

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Important Numbers to Remember

Union County Coroner’s Office: 937.645.4145

Union County Sheriff’s Office: 937.645.4100

Victims of Crime Assistance Program (VOCA)

Union County Prosecutor: 937.645.4190

Marysville Police Department: 937.644.9176

Plain City Police Department: 614.873.4321

Richwood Police Department: 740.943.2422

Mental Health and Recovery Board of Union County: 937.642.1212

Consolidated Care, Inc: 937.644.9192

Union County Crisis Line: 800.731.5577

National Suicide Prevention Lifeline: 800.273.TALK (8255)



www.here4hope.org

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