6 STEPS TO AG RECOVERY

If you or someone you know struggles to cope with strong feelings a few weeks/months after an incident, or experiences continued interference with normal functioning, get help by calling the **Georgia Crisis and Access Line toll free at 1-800-715-4225.**



GUNNEGIEU

Build strong, positive relationships with loved ones and friends.

Get involved in community, cultural, school, charitable or faith-based groups.

L UAY MEANINGFUL

Do something that gives you a sense of accomplishment and purpose every day.

Set goals to help you look toward the future with meaning.

Consider the skills and strategies that helped you through difficult times in the past.

Have a positive yet realistic view of yourself and an accurate sense of your abilities.

A TAKE CARE OF YOURSELF

Participate in activities and hobbies you enjoy, adapting them into your daily routine.

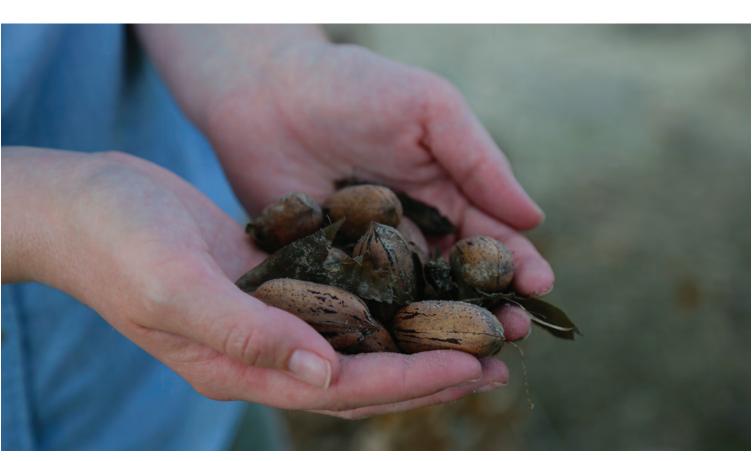
Don't ignore your problems, but decide what needs to be done and take action.

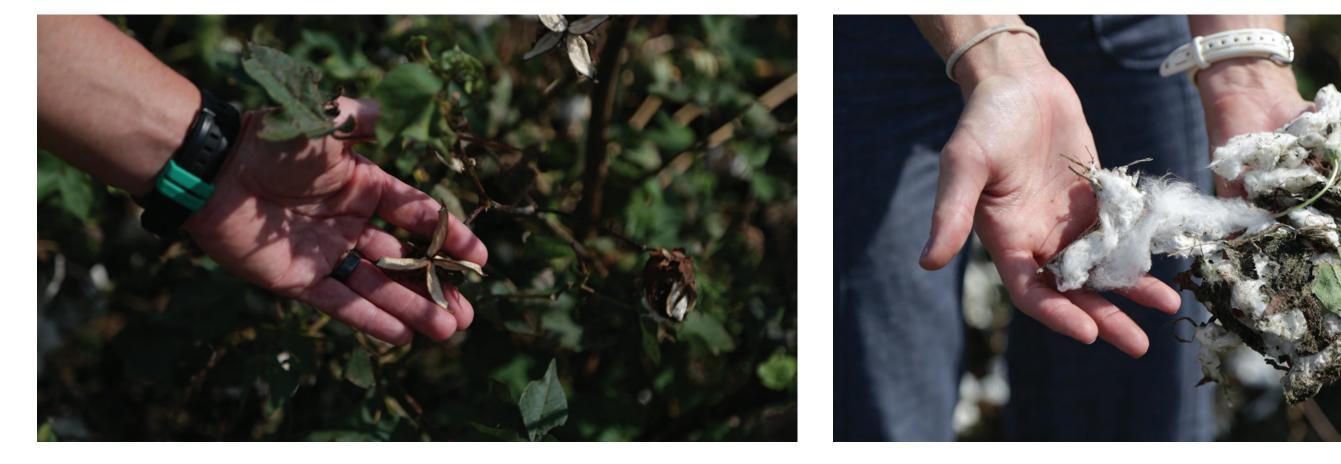
Look at the big picture and believe in your ability to overcome

Practice a healthy lifestyle by eating a healthy diet, getting plenty of sleep, and practicing stress management techniques. Believe that any situation can improve if you work at it.

hardships.

Understand the role your thoughts play in how you feel.







Georgia Department of Behavioral Health & Developmental Disabilities

agr.georgia.gov/disaster-relief.aspx



