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## Getting Professional Assistance and Support\*

If after an incident, grief, trauma, and/or distress feel burdensome to you and will not abate—or if they cause you to continue to struggle over time in any way that affects your health and well-being—please get help answering the following questions and problem-solving around getting your needs met:

<b>What professional support might be helpful?</b>
<ul style="list-style-type: none"><li>○ Extra clinical supervision?</li><li>○ Counseling?</li><li>○ Religious or spiritual support?</li><li>○ Other resources specifically linked to your needs?</li></ul>
<b>Are there obstacles to getting professional assistance?</b>
<ul style="list-style-type: none"><li>○ Your desire to handle it yourself?</li><li>○ Not knowing of a referral to a specific resource that might be helpful?</li><li>○ Not believing that counseling is effective?</li><li>○ Practical issues such as access, cost, etc.?</li><li>○ Being affected by stigma about getting help?</li></ul>
<b>Are there adjustments needed in your work situation?</b>
<ul style="list-style-type: none"><li>○ Assistance from other colleagues?</li><li>○ Reassignment from stressful tasks?</li><li>○ Help prioritizing tasks?</li><li>○ Time off?</li></ul>
<b>Do you need help regarding your own substance use and recovery?</b>
<ul style="list-style-type: none"><li>○ What counseling, peer help, or other support is available?</li><li>○ Is relapse prevention needed?</li><li>○ Is support needed because of family members who are actively using?</li></ul>
<b>What about memorializing the deceased person?</b>
<ul style="list-style-type: none"><li>○ Do you want to attend the funeral of someone who has died?</li><li>○ Is there a way to memorialize people who have died?</li></ul>

\*Excerpted with permission from *Coping with Overdose Fatalities: Tools for Public Health Workers*, Massachusetts Bureau of Substance Addiction Services. Downloaded at [bit.ly/odfatalities](http://bit.ly/odfatalities).