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Signs around MBTA offer tips on coping with Boston Marathon bombing tragedy

Posted by Matt Rocheleau April 24, 2013 12:46 PM

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Coping and Taking Action



The explosions at the Boston Marathon have deeply affected us all. Here are some tips for staying strong:

- Spend more time with family and friends and offer your support.
- Stay informed but limit exposure to media coverage of the events, especially for children.
- Take care of yourself. Eat healthy, drink plenty of water and get enough rest.
- Be patient with yourself and others. It's common to have any number of temporary stress reactions such as anger, frustration and anxiety.
- To reach out for free 24/7 counseling or support, contact the SAMHSA Disaster Distress Helpline at 1-800-985-5990 or text 'TalkWithUs' to 66746.

www.EasternMassRedCross.org
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[The Boston Foundation](#)

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(MBTA, Red Cross, The Boston Foundation)

By Matt Rocheleau, Town Correspondent

Signs will be posted throughout the MBTA transit system offering tips on how to cope with the Boston Marathon bombing tragedy and listing ways to reach out for counseling and support services.

The campaign launched this week through a partnership between the American

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Red Cross of Eastern Massachusetts, The Boston Foundation and the T, according to a press release.

“The bombings at the Boston Marathon have deeply affected this entire community,” Jarrett Barrios, regional CEO of the Red Cross of Eastern Massachusetts, said in a statement.

“People need to take care of themselves and their families, and the Red Cross is proud to partner with the MBTA and The Boston Foundation to be able to offer the public this advice on how to support each through these difficult times,” he added.

The signs, which were unveiled on Tuesday at Kendall Station in Cambridge, include “mental health tips for coping with stressful situations in the aftermath of last week’s bombings,” the release said.

The Boston Foundation is paying for the cost to print the 300 “car cards.” The tips come from the Red Cross. The T provides space where a large number of people will see the signs.

“As an integral part of this community, the MBTA is pleased to partner with the Red Cross and The Boston Foundation to provide this important information to the millions of people who use the T every week,” T General Manager Beverly Scott said in a statement.

“This is a wonderful initiative that will really help the wellbeing of this entire community, and The Boston Foundation is proud to support these efforts,” added Ted McEnroe, public relations director for The Boston Foundation.

The American Red Cross is continuing post-Marathon bombing support efforts. The agency has served more than 14,000 meals and snacks; has handed out hundreds of other relief items, including blankets and comfort kits; and has provided mental and health services to hundreds of people who have been affected.

“Events like these can cause feelings of uncertainty and anxiety for the entire community,” the organization said. “It’s common to have any number of temporary stress reactions such as anger, frustration and anxiety.”

Free 24-hour counseling and support is available by contacting the SAMHSA

Disaster Distress Helpline at 1-800-985-5990 or by texting "TalkWithUs" to 66746.

More coping tips can be found [here](#).

For the latest and complete coverage of the Boston Marathon bombings, visit [Boston.com](#).

E-mail Matt Rocheleau at mjrochele@gmail.com.

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