

## **9/11 and Mental Health (*Interview Transcripts*)**

**Derick Johnson, APRN, Psychiatry, OSF HealthCare Little Company of Mary Medical Center**

“People have short-term stress response, or acute stress response. And every time it is replayed, they usually revert back to that same response that they had when the event first occurred.” (:15)

**Derick Johnson, APRN, Psychiatry, OSF HealthCare Little Company of Mary Medical Center**

“Things that happen in your life that are meaningful you will always remember – be it positive or negative. And that’s natural. Historically, people will say that they remember where they were when Martin Luther King, Jr. was shot. They remember where they were when JFK was shot. People will always remember events like those and try to erase those memories. It’s all about how you deal with them if they are of a particularly emotional component for you.” (:30)

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“Understand that you are not feeling this by yourself. Understand that there are people around who are willing to help, willing to listen. You also have professionals like myself who have an open door policy as far as communication. And understand that what you are feeling is not absurd. It’s real. It’s genuine. And it’s natural.” (:25)

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“Reflect on what happened after 9/11 and how you saw a lot of great things and unification in the country. You saw teamwork. You saw people going out of their way to help. You saw just some of the characteristics that we really need as a country today. I would say to reflect on those things and try to bring those things back.” (:27)