

Audio file

[Christopher 100 Call.wav](#)

Transcript

00:00:02 Speaker 1

Press 1 to accept this lifeline call.

00:00:07 Speaker 2

On 8 Nebraska, how may I help you?

00:00:12 Speaker 1

Hi, yes, I was. I'm just having panic attack and I just. I'm not suicidal. I just wanted to.

00:00:21 Speaker 1

See if I could talk to somebody to help calm me down.

00:00:24 Speaker 2

Yeah. Well, it's great that you're reaching out. So just to confirm, any thoughts of suicide today or in the last couple of months?

00:00:33 Speaker 2

OK, appreciate you sharing that. So yeah, it's it's great that you're reaching out today. My name is Christopher. What's your name?

00:00:42 Speaker 1

Hi Christopher, I'm xxxx.

00:00:44 Speaker 2

xxxx, it's nice to meet you, xxxx.

00:00:50 Speaker 1

Yeah. It's nice to meet you too. Thanks for being here.

00:00:53 Speaker 2

Yeah, of course. Well, thanks for calling. So was there anything that?

00:00:58 Speaker 2

Happened before this call. It was kind of triggering for your anxiety.

00:01:02 Speaker 1

Yeah, I've.

00:01:04 Speaker 1

I I suffer from anxiety.

00:01:08 Speaker 1

This triggering effect is just I'm worried about.

00:01:13 Speaker 1

Really worried about my my daughter, who just had a new baby and she has two other little girls and.

00:01:21 Speaker 1

Her oldest little girl who's.

00:01:23 Speaker 1

x I don't know, I'm just starting to see.

00:01:27 Speaker 1

Signs of of what I think are autism or developmental delay and uh.

00:01:35 Speaker 1

It's just causing me to have this.

00:01:38 Speaker 1

Absolute fear and anxiety over it.

00:01:43 Speaker 1

And I don't know how to tell my daughter that because I don't want to upset her or her husband.

00:01:52 Speaker 1

And it's getting to the point I'm trying to help them with their kids because they just had a new baby. But every time I'm around my.

00:02:00 Speaker 1

Granddaughter that I think has delays, it's just causing me to have these panic attacks and they're coming over today and I'm going to babysit them again and I just.

00:02:10 Speaker 1

I'm getting to the point where I'm so fearful of being around her cause I.

00:02:16 Speaker 1

You know.

00:02:18 Speaker 1

I don't know. I'm just so fearful of the future for her and.

00:02:21 Speaker 1

I know it's irrational. I know she'll be fine. She's got wonderful parents, and it's not like it's.

00:02:26 Speaker 1

Severe autism or anything, but it's just.

00:02:30 Speaker 1

Causing this.

00:02:32 Speaker 1

Crippling anxiety.

00:02:36 Speaker 1

I don't know how to deal with it.

00:02:39 Speaker 2

Gotcha. Well, that sounds really difficult.

00:02:43 Speaker 2

How long have you been?

00:02:46 Speaker 2

How long have these panic attacks been triggered around your granddaughter?

00:02:52 Speaker 1

Uhm.

00:02:53 Speaker 1

Just for about the past week.

00:02:56

Gotcha.

00:03:01 Speaker 2

So it sounds like you're pretty close.

00:03:02 Speaker 2

With your daughter.

00:03:04 Speaker 2

You help out with the kids a lot. OK, that's good to hear.

00:03:05 Speaker 1

Yeah, very.

00:03:07 Speaker 1

Yeah.

00:03:09 Speaker 1

And I think that, you know the problem is I think I'm kind of having a PTSD cause my daughter, who's xx now.

00:03:18 Speaker 1

When she was the same age as my granddaughter.

00:03:22 Speaker 1

She was diagnosed with leukemia.

00:03:25 Speaker 1

At the age of x and so I went through a tremendous amount of anxiety and.

00:03:33 Speaker 1

Caring for her and she's got.

00:03:36 Speaker 1

God be blessed. She's fine.

00:03:41 Speaker 1

But I think it's just triggering this PTSD response in me.

00:03:48

Gotcha.

00:03:50 Speaker 2

Gotcha. So.

00:03:52 Speaker 2

Did you have panic attacks when your daughter was diagnosed?

00:03:58 Speaker 1

UM, well, I mean, it's profound. Anxiety. Yes. And ever since then.

00:04:02

OK.

00:04:04 Speaker 1

If anything.

00:04:06 Speaker 1

Happens to a loved one or that I fear.

00:04:11 Speaker 1

Is danger to a loved one.

00:04:14 Speaker 1

I get these panic attacks because of what happened to xxxx.

00:04:19 Speaker 1

And I am on anxiety medication, but it's just not cutting it.

00:04:28 Speaker 2

OK, so you're on anxiety medication. Are you currently working?

00:04:33 Speaker 2

With a psychiatrist.

00:04:36 Speaker 1

No, I probably need to.

00:04:40 Speaker 1

I have. I've been well for a while. I mean, I've been quite well. I think I'm just exhausted. I my mom moved in with us. So I'm caring for my mom. And then.

00:04:50 Speaker 2

Ohh my gosh.

00:04:50 Speaker 1

Caring for my other grandkids. And so I'm I think I'm just completely, I don't know if I'm having a mental health breakdown. I just don't know.

00:05:02 Speaker 2

Well, it certainly sounds like you care a lot about the people in your life, and you've got some really close familial relationships. That's that's great to hear.

00:05:07 Speaker 1

I do.

00:05:12 Speaker 2

Yeah, yeah, it's understandable, though, to feel, you know, maybe a little overwhelmed taking care of your mom. And then your granddaughter and sounds like you're very close with your daughter. You guys spend a lot of time together.

00:05:25 Speaker 2

I mean.

00:05:25 Speaker 2

That's.

00:05:26 Speaker 2

You know, it's great that you guys are so well interconnected.

00:05:27 Speaker 1

Yeah.

00:05:32 Speaker 2

But that's also a lot.

00:05:35 Speaker 1

Yeah.

00:05:39 Speaker 1

Yeah.

00:05:42 Speaker 1

I think I've I've completely emptied, emptied myself.

00:05:42 Speaker 2

So go ahead.

00:05:46 Speaker 1

I feel like I've completely emptied myself.

00:05:54 Speaker 1

And I am married. My husband is very supportive. He he doesn't know how to help me.

00:05:59 Speaker 1

I understand that.

00:06:08 Speaker 2

Gotcha. So.

00:06:14 Speaker 2

And have you ever?

00:06:18 Speaker 2

Have you ever worked with a therapist before?

00:06:23 Speaker 1

I have that I probably need to see one again.

00:06:28 Speaker 2

Yeah. Gotcha. How long ago was that?

00:06:33 Speaker 1

A long time ago, probably.

00:06:37 Speaker 1

15 years ago, OK.

00:06:40 Speaker 2

OK, well, here's what I'll tell you. You know, on that front, if that is something that you're interested in, you know, here at 9:00 and 8:00, we'd be happy to help get you connected with some referrals for a therapist.

00:06:55 Speaker 1

OK.

00:06:58 Speaker 1

UM.

00:07:03 Speaker 1

Yeah, I didn't. I just didn't know if you had any advice for. Just like talking to me.

00:07:09 Speaker 1

Down today, I mean I will, I I could try to reach out to my former therapist.

00:07:10 Speaker 2

Sure, sure.

00:07:17 Speaker 1

And you know, actually looking to getting some cognitive behavioral therapy.

00:07:22

Hmm.

00:07:24 Speaker 2

OK, well, that sounds great. So what what I'm hearing Ann is that.

00:07:29 Speaker 2

You know, you've got a lot on your plate, you have some good supports.

00:07:34 Speaker 2

You know, reaching out, getting in contact with therapist is something that might be helpful, but really what you're most concerned about is how you're feeling right now. Is that right?

00:07:44 Speaker 2

Yeah. OK. And is there anything and that has been helpful for you in the past when you felt this way?

00:07:54 Speaker 1

You know, going for a walk.

00:07:58 Speaker 1

A brisk lock.

00:08:04 Speaker 1

You know, just listening to.

00:08:08 Speaker 1

Spiritual things you know.

00:08:13 Speaker 1

Self help things.

00:08:19 Speaker 1

Taking a nice shower and then.

00:08:22 Speaker 1

Her to get on cold for a little bit.

00:08:27 Speaker 1

Getting a massage or something.

00:08:32 Speaker 2

Yeah, those are those are all great things and certainly sound like they would be helpful. That's awesome. What about anything like any grounding techniques or something like that is that?

00:08:42 Speaker 2

Something that you've tried?

00:08:43 Speaker 1

I don't know what that is.

00:08:43 Speaker 2

In the past.

00:08:45 Speaker 2

Sure.

00:08:45 Speaker 1

No.

00:08:46 Speaker 2

So.

00:08:47 Speaker 2

Those are just.

00:08:49 Speaker 2

Strategies.

00:08:54 Speaker 2

Well, things that you can repeat in your head or activities that you can do.

00:09:00 Speaker 2

Just to kind of help get your mind off things and.

00:09:04 Speaker 2

Yeah, just to ground yourself. Like, have you ever heard of 54321? It's something that has been helpful for some of our callers when they're experiencing anxiety.

00:09:14 Speaker 1

No.

00:09:15 Speaker 2

OK, well 54321 is basically just.

00:09:19 Speaker 2

You know where you name 5 things. You can see 4 things. You can touch, three things you can hear. Two things you could smell. And one thing you can taste.

00:09:28 Speaker 2

And we just, you know, we would go through that and you name those things and.

00:09:33 Speaker 2

Is that something that you would like to try?

00:09:37 Speaker 2

Sure. OK. So it's it's pretty simple, uh, just as you're on the phone here with me.

00:09:45 Speaker 2

If you could just name 5 things that.

00:09:47 Speaker 2

You can see.

00:09:51 Speaker 1

OK.

00:09:55 Speaker 1

A picture on my wall. A door.

00:09:58 Speaker 1

Window.

00:10:01 Speaker 1

Ceiling fan.

00:10:04 Speaker 1

And a radio.

00:10:06 Speaker 2

Perfect. What about four things that you can touch?

00:10:13 Speaker 1

My blanket, my pillow.

00:10:18 Speaker 1

My chair.

00:10:22 Speaker 1

And.

00:10:28 Speaker 1

Myself.

00:10:30 Speaker 2

Sure. Yeah. Yeah. What about three things that you can hear?

00:10:37 Speaker 1

I can hear you.

00:10:41 Speaker 1

I can hear.

00:10:43 Speaker 1

Myself.

00:10:44 Speaker 2

MHM.

00:10:47 Speaker 1

And I can hear the humming of our furnace.

00:10:53 Speaker 2

Perfect.

00:10:55

Yeah.

00:10:56 Speaker 2

Yeah, that, that's that's funny that you started with the uh.

00:11:01 Speaker 2

That you could hear me first. That's that's usually the thing that it's usually one that gets overlooked if people are stuck. But awesome. Great work. So what about two things that you can smell?

00:11:16 Speaker 1

I don't know if I can smell.

00:11:17 Speaker 1

Anything.

00:11:18 Speaker 2

Sure, that can be a tricky one sometimes.

00:11:24 Speaker 2

If there's nothing you could smell right now, what about just some smells around the house that you're?

00:11:30 Speaker 2

Familiar with.

00:11:33 Speaker 1

OK, like coffee brewing.

00:11:38 Speaker 1

And.

00:11:41 Speaker 1

You know, just the air freshener.

00:11:44 Speaker 2

Yeah.

00:11:46 Speaker 2

What scent of air freshener do you have?

00:11:51 Speaker 1

It's ocean breeze.

00:11:54 Speaker 2

Lovely.

00:11:57 Speaker 2

Alright. And one thing that you can taste.

00:12:04 Speaker 1

Like it tastes. I mean it. It seems like it's a metally taste in my mouth, but probably from my anxiety medication.

00:12:13 Speaker 2

Gotcha. Yeah.

00:12:15 Speaker 2

Yeah, well, you did a great job working through.

00:12:19 Speaker 2

You know that 54321? I mean, that's something that has been helpful for callers in the past.

00:12:26 Speaker 2

How are you feeling after doing an activity like that? Or a grounding technique?

00:12:33 Speaker 1

Yeah.

00:12:36 Speaker 1

I'm feeling OK, I'm feeling OK.

00:12:39 Speaker 1

I just.

00:12:40 Speaker 1

I just.

00:12:41 Speaker 1

I'm.

00:12:42 Speaker 1

I guess I just need to be reminded that.

00:12:46 Speaker 1

Uh, I, and I'm sorry I'm not telling you.

00:12:48 Speaker 1

What to do?

00:12:50 Speaker 1

I just need to be reminded of hope and that.

00:12:55 Speaker 1

You know.

00:12:58 Speaker 1

That there is hope in my granddaughter and that she has a strong support system and she will get through this, whatever this is.

00:13:07 Speaker 1

And that I just have to stop myself from reacting to it the way I am.

00:13:14 Speaker 1

Because it's it's rational.

00:13:17 Speaker 1

I mean, it's a it's a rational concern, but it's not.

00:13:21 Speaker 1

You know, I could help her.

00:13:24 Speaker 1

If I just wasn't crippled with this.

00:13:30 Speaker 1

I hear you. I don't. I just don't.

00:13:32 Speaker 1

Know.

00:13:35 Speaker 2

Sure, well.

00:13:37 Speaker 2

The one thing that has really stood out.

00:13:39 Speaker 2

During this call and I I think you're exactly right, is that, you know, it sounds like you've got a really good support system, it sounds like.

00:13:48 Speaker 2

That supports support system is something that will carry over.

00:13:54 Speaker 2

To your granddaughter.

00:13:58 Speaker 2

And that she will be well supported.

00:14:00 Speaker 2

You know, through whatever her path looks like now, it sounds like she hasn't been.

00:14:05 Speaker 1

Yeah.

00:14:06 Speaker 2

Diagnosed. This is something that.

00:14:11 Speaker 2

You know, you're you're worried about not. I'm not there.

00:14:15 Speaker 2

You know, to observe what you're able to observe.

00:14:21 Speaker 2

Well, the other thing too is that you know.

00:14:27 Speaker 2

Whether some of these things that you're seeing are indicators that, you know she may.

00:14:36 Speaker 2

You know, be autistic or have some developmental issues.

00:14:41 Speaker 2

You know that's always a bridge to cross when you get there too and.

00:14:49 Speaker 2

Even if you do find you.

00:14:49 Speaker 1

It's always the bridge. What? I'm sorry.

00:14:51 Speaker 2

That's always a bridge that you know.

00:14:52 Speaker 2

You could cross.

00:14:55 Speaker 2

Which you know, you you once you get there.

00:14:59 Speaker 2

Yeah. Yeah. And even if some of your observations turn out to be true.

00:15:05 Speaker 2

You know, we, I will say the other thing too is that especially with autism, we've made huge strides in the last couple of decades and.

00:15:14 Speaker 2

You know, even the last decade and there's a lot more support out there.

00:15:19 Speaker 1

Yeah.

00:15:20 Speaker 2

A lot more understanding just.

00:15:27 Speaker 1

Right, right.

00:15:27 Speaker 2

Of what? Some of those. What what? Some of those.

00:15:33 Speaker 2

You know, just just strategies and whatnot and things that people can do to support those, those people, and that those people can do for themselves too. So not not only is there a lot of hope and support coming from your family, I there's really a shift.

00:15:49 Speaker 2

In society, at least in some ways, uh, I think there's good evidence for that that.

00:15:55 Speaker 2

You know.

00:15:56 Speaker 2

There's a lot of support for things like autism and whatnot.

00:16:01 Speaker 1

Yeah.

00:16:03 Speaker 2

Yeah.

00:16:03 Speaker 1

Right there is.

00:16:08 Speaker 2

So with all that said, I mean with some of the strides that we've made in the last, you know, decade by the time.

00:16:15 Speaker 2

You know your granddaughter is.

00:16:22 Speaker 2

Things are only gonna get better on that front. Yeah, yeah.

00:16:30 Speaker 2

But that that is jumping ahead a little bit, that is jumping ahead a little bit, you know like we were talking about earlier, not even to the bridge yet and.

00:16:31 Speaker 1

632.

00:16:39 Speaker 2

You know, really what I'm hearing is that.

00:16:44 Speaker 2

This is causing some anxiety for you because of how much you care about your family.

00:16:49 Speaker 2

And right? Yeah, that love is what's going to really prop up the rest of your family and your granddaughter. So that's great to hear.

00:17:03 Speaker 1

Right it is.

00:17:07 Speaker 1

It is.

00:17:15 Speaker 1

I don't know if I need to go away somewhere and just take care of myself for a while. You know? I just. I don't know.

00:17:25 Speaker 2

Well, earlier you you you talked about feeling empty and you know there's a saying you can't pour from an empty pitcher.

00:17:32 Speaker 2

So.

00:17:35 Speaker 2

Whether that looks like going away for a little while, or maybe just, you know, doing something like going and getting a massage, finding ways.

00:17:44 Speaker 2

You know, kind of recharge yourself. It's definitely something.

00:17:50 Speaker 2

That I think you're on the right track with there because, yeah.

00:17:55 Speaker 2

Yeah, I mean, I'm sure you've heard this saying, but you know you can't take care of others until you've taken care of yourself and with everything you've got going on in your life.

00:18:07 Speaker 2

We all have our limits.

00:18:10 Speaker 1

Right.

00:18:14 Speaker 1

Yeah, we do.

00:18:16 Speaker 1

And I've I've. I've let it go too long.

00:18:21 Speaker 1

Just let it go too long.

00:18:25 Speaker 1

To the point where this.

00:18:27 Speaker 1

Trigger has.

00:18:33 Speaker 1

You know just.

00:18:36 Speaker 1

Take it over.

00:18:44

Gotcha.

00:18:46 Speaker 2

Yeah.

00:18:47 Speaker 1

I appreciate you being there.

00:18:49 Speaker 2

Of course, I'm glad that you called and we were able to get connected today.

00:18:53 Speaker 2

So what do you plan to do?

00:18:55 Speaker 2

After this conversation.

00:19:00 Speaker 1

Well, I'm gonna make myself some tea.

00:19:03 Speaker 1

Decaffeinated.

00:19:05 Speaker 1

And I'm going to sit and try to pray.

00:19:11 Speaker 1

And.

00:19:15 Speaker 1

I don't know. Maybe I'll go outside and take it. It's cold out, but maybe I'll take a.

00:19:18 Speaker 1

Brisk walk.

00:19:21 Speaker 1

And.

00:19:24 Speaker 1

Journal about all the things I'm thankful for.

00:19:31 Speaker 2

Wow, that's that sounds awesome.

00:19:32 Speaker 1

Because there's a lot I'm thankful for.

00:19:35 Speaker 1

I'm thankful for a lot of things, and God has really blessed us. I mean, he really has, I mean.

00:19:41 Speaker 1

There's been a lot of lot of trauma in my life and everything has always worked out.

00:19:51 Speaker 1

But unfortunately my brain.

00:19:55 Speaker 1

And I don't know if it's post traumatic stress. I I just it just.

00:20:02 Speaker 1

Yeah.

00:20:07 Speaker 1

It just it creeps up like a.

00:20:10 Speaker 1

Demon. It just takes me down.

00:20:17 Speaker 2

Well, that does sound does sound difficult, but you're doing all the right things by reaching out. It sounds like you've got a good plan for after this phone call. You also know that we're here for you 24/7.

00:20:29 Speaker 2

And.

00:20:30 Speaker 2

You know, you could always give us a call or always be someone.

00:20:34 Speaker 2

Here to talk with.

00:20:38 Speaker 1

Well, thank you so much. You said your name, your name is Scott.

00:20:42 Speaker 2

Christopher.

00:20:44 Speaker 1

No, Christopher, I'm so sorry.

00:20:46 Speaker 2

That's OK. No worries at all, xxxx.

00:20:51 Speaker 1

I appreciate you, Christopher. Thank you for doing what you're doing.

00:20:55 Speaker 2

Well, it was very nice talking with you, xxx. Is there anything else that would be helpful for you right now?

00:21:05 Speaker 1

I don't think so. I you've been very, very helpful. I wish. I wish there was a flip switch we could flip.

00:21:12 Speaker 1

But I know we got work to do, yeah.

00:21:13 Speaker 2

Me too.

00:21:17 Speaker 1

I know it's going to take work on my part.

00:21:22 Speaker 2

Well, that's a good mindset to have.

00:21:25 Speaker 2

Yeah, obviously be easier if there was just a flip that we could switch, but that's that's very realistic. So yeah, I'll let you get to it. I hope that you know, you're able to have a good morning and.

00:21:37 Speaker 2

You enjoy your tea, whatnot and.

00:21:40 Speaker 2

Hope you have a good rest of your day.

00:21:43 Speaker 1

OK. Thank you, Christopher. I really appreciate it.

00:21:47 Speaker 1

You have a good day.

00:21:48 Speaker 1

Too. All right, thanks, xxxx. Take care.

00:21:52 Speaker 1

Thanks. Bye, bye.