

Important Notice on the Limitations of AARP Fraud Watch Network VOA I ReST program

The AARP Fraud Watch Network VOA I ReST program was created with the Volunteers of America to address the emotional impact of your experience. We offer free peer discussion groups that are led by a facilitator and seek to provide emotional support for you and others in similar situations. If you wish, your family members may participate in the group — that's up to you. Your relatives also may attend a discussion group held exclusively for family members.

The AARP Fraud Watch Network VOA I ReST program is designed to help participants identify, discuss and lessen the distress that arises when a person experiences a scam. Participants will recognize that they are not alone and learn about moral distress, resilience and coping strategies.

The AARP Fraud Watch Network VOA I ReST program is not intended to, and should not be used to, replace the specialized training and professional judgment of mental health professionals. AARP cannot, and does not, assume the roles of physician or therapist.

Information about moral distress, resilience and peer support are valuable assets in managing stress. But they are complementary to, not substitutes for, professional assistance.

Please seek immediate professional help if you or someone else is:

- Having thoughts of suicide or of harming others
- Unable to provide self-care or perform the activities of daily living
- Abusing substances, and/or
- In danger of being harmed

AARP cannot be held responsible for the personal use of the information provided as part of the AARP Fraud Watch Network VOA I ReST program. Please always consult a trained mental health professional before making any decision regarding treatment for yourself or others.

If you or someone else are in need of immediate medical attention or crisis support, please call 911 or the National Suicide Prevention Lifeline at (800) 273-8255 without delay.