Trauma is an emotional response to a terrible event or series of events. Trauma can occur from a single experience or prolonged experiences. Trauma is a frightening or violent event that can pose a threat to how you feel physically and/or how you feel emotionally inside.

**Traumatic events might include:**
- Being a victim of a shooting
- Witnessing a shooting
- Losing a loved one to a shooting

**Trauma can feel like:**
- Feeling unsafe
- Loss of appetite
- Trouble sleeping
- Difficulty concentrating
- Heart racing
- Body aches
- Emotional swings
- Outburst of anger
- Fear
- Depression
- Anxiety
- No energy

**Support is available:**
For help with the impact of trauma call:
Member Services **888-545-2600**  
(For mental health and substance use services)
Philadelphia Crisis Line **988 or 215-685-5440**
Network of Neighbors **267-233-4837**  
(respond to trauma in communities)

**Supports include:**
- Community Crisis Supports
- Trauma Focused Therapy
- Peer Supports

**You can expect:**
1. Compassionate professionals to listen and connect you to services.
2. Insurance and paperwork assistance to get the help you need.
3. Ongoing support as needed, including contacting professionals.

For more tips and resources visit
[DBHIDS.ORG/TRAUMA](http://DBHIDS.ORG/TRAUMA)

Sources: City of Philadelphia Office of the Victim Advocate
For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit HealthyMindsPhilly.org

To find mental health and substance use services and providers for Medicaid recipients online, visit CBHPhilly.org

For more resources, use your cell phone camera to scan the QR code or visit DBHIDS.ORG/BOOST

wellness • behavioral health • intellectual disability early intervention • community supports

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.

Created in collaboration with Adara Combs, Esq., Office of the Victim Advocate