Trauma is an emotional response to a terrible event. 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:**
- Violence
- Racism
- Neglect
- Grief and Loss
- Physical or emotional abuse
- Pandemic related isolation

**Trauma can feel like:**
- Stomach Aches
- Headaches
- Easily Frightened
- Clinging to Adults
- Feeling aggressive
- No Energy
- Difficult to console
- Outbursts of Anger

**For Help, Contact:**

Member Services **888-545-2600**
(ask about Intensive Behavioral Health Services, Phila. Alliance for Child Trauma Services, and Trauma-Focused Cognitive Behavioral Therapy)

Children's Crisis Treatment Center **215-496-0707**

Network of Neighbors **267-233-4837**
(responds to trauma in communities)

**How to get help:**
- Talk to a supportive friend or relative
- Talk to your school counselor and staff you can trust
- Talk to a trusted friend or relative

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

Sources: City of Philadelphia Office of Children and Families
Numbers to Know 24/7

Suicide and Crisis Lifeline 988 or 215-686-6440

Children's Resources

DHS Helpline Court Appointed Advocates Center for Child Protection
267-519-5326 267-519-5326 215-590-4923

Places to Go for behavioral health emergencies

Children's Crisis Response Center Children's Crisis Treatment Center
3300 Henry Ave., Falls Center 2, Suite 3N 1080 N Delaware Ave., 6th Fl.
215-878-2600 215-496-0707

Websites to Visit

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 Leah Mundy-Maher, LSW, Behavioral Health Training and Education Network