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:
- Violence
- Racism
- Neglect
- Physical or emotional abuse
- Pandemic related isolation
- Grief and Loss

Trauma can feel like:
- Heart racing or skipping
- Body aches
- Emotional swings
- Outburst of anger or rage
- Fear
- Depression
- Anxiety
- No energy

Support is available:
For help with the impact of trauma, please contact:
Member Services **888-545-2600**
(For mental health and substance use services)
Philadelphia Crisis Line **988 or 215-685-6440**
Network of Neighbors **267-233-4837**
(respond to trauma in communities)

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**
Sources: traumaresourceinstitute.com and unicefusa.org
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**Numbers to Know 24/7**

- Suicide and Crisis Lifeline 988 or 215-686-6440
  - mental health crisis
- Member Services 888-545-2600
  - mental health and substance use
- Care Connect Warmline 484-278-1679
  - substance use navigation

**Places to Go**

- Friends Hospital
  - 4641 Roosevelt Blvd.
  - 215-831-2600
- Einstein Medical Center
  - 5501 Old York Road
  - 215-951-8300
- Hall Mercer
  - 234 S. Eighth St.
  - 215-829-5433
- Episcopal Hospital
  - 100 E. Lehigh Ave.
  - 215-707-2577
- Children’s Crisis Response Center
  - 3300 Henry Ave., Falls Center 2, Suite 3N
  - 215-878-2600
- NET Access Point (Substance Use Treatment)
  - 1007 W. Lehigh Ave.
  - 215-408-4987

**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.