Trauma is an emotional response to a terrible event or series of events. Trauma can occur from a single experience or prolonged experiences.

**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:
- CBH Member Services **888-545-2600**
  (support is available to all)
- Philadelphia Crisis Line **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](http://DBHIDS.ORG/TRAUMA)

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia Crisis Line</td>
<td>215-685-6440</td>
</tr>
<tr>
<td>Community Behavioral Health</td>
<td>888-545-2600</td>
</tr>
<tr>
<td>Homeless Outreach</td>
<td>215-232-1984</td>
</tr>
</tbody>
</table>

#### Philadelphia Crisis Line
- For mental health crisis

#### Community Behavioral Health
- For mental health and addiction services

#### Homeless Outreach
- For behavioral health emergencies

### Places to Go

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Hospital</td>
<td>4641 Roosevelt Blvd.</td>
<td>215-831-2600</td>
</tr>
<tr>
<td>Einstein Medical Center</td>
<td>5501 Old York Road</td>
<td>215-951-8300</td>
</tr>
<tr>
<td>Hall Mercer</td>
<td>234 S. Eighth St.</td>
<td>215-829-5433</td>
</tr>
<tr>
<td>Episcopal Hospital</td>
<td>100 E. Lehigh Ave.</td>
<td>215-707-2577</td>
</tr>
<tr>
<td>Children’s Crisis Response Center</td>
<td>3300 Henry Ave., Falls Center 2, Suite 3N</td>
<td>215-878-2600</td>
</tr>
<tr>
<td>NET Access Point (Opioid Treatment)</td>
<td>499 N. Fifth St.</td>
<td>844-533-8200</td>
</tr>
</tbody>
</table>

### Websites to Visit

- For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit [HealthyMindsPhilly.org](http://HealthyMindsPhilly.org)
- To find mental health and addiction services and providers for Medicaid recipients online, visit [CBHPhilly.org](http://CBHPhilly.org)

For more resources, use your cell phone camera to scan the QR code or visit [DBHIDS.ORG/BOOST](http://DBHIDS.ORG/BOOST)

**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.