Trauma Tips

City of Philadelphia
Department of Behavioral Health and Intellectual disAbility Services

When something unexpected or overwhelming has happened, it is normal to experience many different reactions and feelings.

You may experience:

- Difficulty sleeping or change in sleep habits, including nightmares.
- Difficulty or change with appetite.
- Difficulty concentrating or completing tasks.
- Other changes in yourself or a loved one that can include a change in routine, mood, or behavior.
- Any reminder of what has happened can cause distressing thoughts or images and upsetting emotions or physical reactions. These are normal and you do not have to go through this alone.

There are some ways you can take care of yourself while you are going through this period of change, loss, and uncertainty.

1. Drink lots of water. The body can get very dehydrated under stress. Drinking water can help with the reactions listed above or other reactions related to what is happening.
2. Take slow, deep breaths with a long exhale.
(Make sure not to hold your breath.)
3. Stay connected. During this time, stay connected with loved ones or community members.
4. Reach out to someone you trust or a supportive community member.
5. Stick to your usual routines, especially those that connect you to your community or faith, like prayer, meditation, or calming activities that help you feel safe and grounded.
6. Engage in activities that encourage laughter – movies, people, etc. It gives the body a break from feeling overwhelmed.
7. Contact a healthcare professional immediately if you're struggling with strong emotions or thoughts of harming yourself or others.
Call or text 988 – anytime- 24/7.

City of Philadelphia
Department of Behavioral Health and Intellectual disAbility Services

For a behavioral health crisis and support
Call 988 or **215-685-6440**
The Philadelphia Crisis Line, **988Philly.org**

988
SUICIDE & CRISIS LIFELINE

Crisis Response Centers for behavioral health emergencies

Friends Hospital
4641 Roosevelt Blvd.
215-831-2600

Pennsylvania Hopital
801 Spruce St.
215-829-5433

Einstein Medical
5501 Old York Road
215-951-8300

Temple Hospital
100 E. Lehigh Ave.
215-707-2577

HUP Cedar
501 S. 54th St.
215-748-9000

Children's Crisis Response Center
3300 Henry Ave., Falls Two Building
215-878-2600

CHOP Children's Crisis Center
501 S. 54th St.
445-428-5800

NET Center (Substance Use Treatment)
1007 W. Lehigh Ave.
215-408-4987

Behavioral Health Urgent Care (same-day non-crisis)

Merakey mental health walk-in clinic for adults, merakey.org/walkinPhilly
3125 N. Broad St. Open daily 11 a.m. to 6 p.m., **267-219-8801**

PATH Children's Urgent Care Center, 1919 Cottman Ave. **215-728-4651**

Online Services

HealthyMindsPhilly.org: Free, 24/7 online behavioral health screening, Mental Health First Aid trainings, and resources.

CBHPhilly.org: Philadelphia's behavioral health managed care system for Medicaid recipients.

DBHIDS provides behavioral health services, resources, and advocacy through a network of providers to help you access mental health, substance use, and intellectual disability services and supports.

@DBHIDS

City of Philadelphia
DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH and INTELLECTUAL disABILITY SERVICES
DBHIDS.ORG