

How can I get support?

You don't have to heal from trauma alone. If you or someone you know has experienced trauma and needs help, please use one of the resources below.

.....

Columbus CARE Coalition's Social Work Help Line

If you need help getting connected to trauma recovery resources, call **614-645-6248** to reach the Columbus CARE Coalition's Social Work Help Line, Mon-Fri, 8 a.m.-4 p.m. A social worker will connect you to resources based on your personal needs.

.....

Netcare Access Crisis Line

If you are experiencing a mental health crisis, call **614-276-2273** to be connected to Netcare's mental health services, 24 hours a day, 365 days a year.

.....

Emergency Care

If you are experiencing any other type of emergency, call **911** for help.



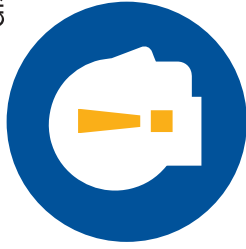
The Columbus CARE Coalition is a collaborative community effort led by Columbus Public Health. Questions? Call 614-645-6248.

Healing From Trauma

Understanding trauma and learning how to cope

What is trauma?

Trauma is the result of experiencing a deeply distressing or disturbing event—like the sudden death of a loved one or an act of neighborhood violence—and occurs when extreme stress from that event overwhelms a person's ability to cope. Individuals, families and entire communities can experience trauma.



What does trauma look like?

Everyone processes trauma differently, but for many people, experiencing trauma makes them feel unlike their usual selves. After a traumatic event, you may experience a range of physical and emotional symptoms, such as:

- Pain, like headaches, backaches or stomachaches
- Angry outbursts or mood swings
- Feelings of numbness or emptiness
- A desire to be alone or withdraw from everyday life or usual activities
- A hard time trusting others
- Nightmares or flashbacks of the traumatic event
- Nausea or trouble eating
- Trouble sleeping
- Trouble breathing

All of these reactions—and more—are normal after experiencing a violent, traumatic event.

How can I cope with trauma?

People can and do recover from trauma when they receive proper care and support. While the path to healing looks different for everyone, it can help to:

Acknowledge that you have experienced trauma.

Recognizing that you have experienced a deeply stressful and painful event is an important first step in beginning to heal.

Connect with others. It can help to spend time with people who care for you, respect you and bring you joy.

Talk to others about what you're feeling. When you're ready, talk to a trusted friend, family member, mentor or counseling professional who can help you better understand your feelings and offer emotional support.

Take care of your body. Recovering from trauma is easier when you're in good physical condition. Stay healthy, hydrated and rested by exercising, eating a balanced diet, drinking lots of water and getting plenty of sleep.

Get back into a normal routine. Completing daily tasks and meeting your commitments can help you feel more focused and grounded in everyday life.

Find a creative or physical outlet. Take up music, art, sports or other activities that will allow you to put your mental and emotional energy into things that fulfill you.

Be patient with yourself. Understand that healing from trauma takes time and that along the way you may experience setbacks or need additional support. Don't blame yourself for what happened or your feelings, and don't be afraid to ask for help when you need it.

