As Philadelphia strives to decrease incidents of violence, many people struggle with feelings of sadness, fear, and anxiety.

**Trauma is an emotional response to a terrible event.**

*Signs and symptoms* can happen within hours or may take as long as weeks to months after the incident. Although some people recover quickly, you may require additional help and support. Seek support if you frequently experience:

- Confusion, trouble paying attention
- Overwhelming anxiety, fear, grief, guilt
- Bursts of anger, crying spells
- Helplessness, hopelessness
- Excessive smoking, drinking, or drug use
- Withdrawal from family and friends
- Trouble eating, trouble sleeping
- Loss of interest in normal activities

**Tips for Wellbeing**

**Ask for Additional Support**

Seeking support to manage difficult emotions is a normal part of the healing process. Consider reaching out for professional advice and support.

**Stay Connected with People**

Reach out to your support system and talk if it makes you feel better.

**Relieve Stress**

It's normal for traumatic events to leave negative feelings. Take time to think about happy moments and special events. This helps shift your thinking and balance your thoughts.

**Take a Break from the News**

Too much news can cause negative emotions to resurface and increase stress and anxiety.

**Get Connected**

**CBH Member Services** 888-545-2600 24/7, trauma-informed care and supports

Philadelphia Crisis Line 215-685-6440 24/7, mental health crisis/emergency

Community support after a traumatic event, call 267-233-4837 or email NetworkofNeighbors@phila.gov

To talk or join a support group, visit NAMIPhilly.org

For behavioral health screenings and training, visit HealthyMindsPhilly.org

For more resource, tips, and tools visit, DBHIDS.org/Boost
It's okay to not be okay. You are not alone. Help is here!

Experiencing and witnessing violence is challenging. It impacts everyone in the community's health and wellbeing. Community-based programs build safe, resilient, and trauma-informed communities.

Community Engagement

DBHIDS supports programs that build and promote community resilience.

Partnership Programs:  

- City of Philadelphia Mural Arts Program
- PORCH LIGHT
- healing hurt people philadelphia
- PHILADELPHIA CEASEFIRE

DBHIDS Initiatives:

- NETWORK of NEIGHBORS RESPONDING to VIOLENCE
- EMOC ENGAGING MALES of COLOR
- PACTS
- Healthy Minds .org
- USA MENTAL HEALTH FIRST AID
- PHILA COURTS.US

Collaborations

Efforts to address community trauma have resulted in many cross-sector collaborations. DBHIDS participates in the Philadelphia Road Map for Safer Communities and coordinates trauma supports to individuals and communities through many city partners.

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.