



Children's Trauma Supports

School-age

Trauma is an emotional response to a terrible event. 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
- Neglect
- Physical or emotional abuse
- Racism
- Grief and Loss
- Pandemic related isolation

Trauma can feel like:

- Stomach Aches
- Clinging to Adults
- Difficult to console
- Headaches
- Feeling aggressive
- Outbursts of Anger
- Easily Frightened
- No Energy

For Help, Contact:

Member Services **888-545-2600**

(ask about Intensive Behavioral Health Services, Phila. Alliance for Child Trauma Services, and Trauma-Focused Cognitive Behavioral Therapy)

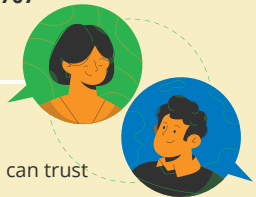
Children's Crisis Treatment Center **215-496-0707**

Network of Neighbors **267-233-4837**

(responds to trauma in communities)

How to get help:

- Talk to a supportive friend or relative
- Talk to your school counselor and staff you can trust
- Talk to a trusted friend or relative



For more tips and resources visit
DBHIDS.ORG/TRAUMA

Sources: City of Philadelphia Office of Children and Families



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Photo: Steve Weinik

Numbers to Know 24/7

Suicide and Crisis Lifeline **988 or 215-685-6440**

Children's Resources

DHS Helpline

267-519-5326

Court Appointed Advocates

267-519-5326

Center for Child Protection

215-590-4923

Places to Go for behavioral health emergencies

Children's Crisis Response Center
3300 Henry Ave., Falls Center 2, Suite 3N
215-878-2600

Children's Crisis Treatment Center
1080 N Delaware Ave., 6th Fl.
215-496-0707

Websites to Visit

For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit [HealthyMindsPhilly.org](https://www.healthy minds Philly.org)

To find mental health and substance use services and providers for Medicaid recipients online, visit [CBHPhilly.org](https://www.cbh Philly.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.

Created in collaboration with Leah Mundy-Maher, LSW, Behavioral Health Training and Education Network

City of Philadelphia

DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disability SERVICES



Children's Trauma Supports

Pre-K to Five

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You can expect:

- Resources and the connections for needed services and supports
- Children and families receive the help they need
- Ongoing support as needed



For more tips and resources visit
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Sources: City of Philadelphia Office of Children and Families.



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To find mental health and substance use services and providers for Medicaid recipients online, visit [CBHPhilly.org](https://www.cbhphilly.org)

PACTS serves youth in Philadelphia who have experienced potentially traumatic events and are living with traumatic stress. [PhiladelphiaPACTS.org](https://www.philadelphiapacts.org)



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and INTELLECTUAL DISABILITY SERVICES



The Trauma of Gun Violence

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:

- Being a victim of a shooting
- Witnessing a shooting
- Losing a loved one to a shooting

Trauma can feel like:

- Feeling unsafe
- Loss of appetite
- Trouble sleeping
- Difficulty concentrating
- Heart racing
- Body aches
- Emotional swings
- Outburst of anger
- Fear
- Depression
- Anxiety
- No energy

Support is available:

For help with the impact of trauma call:

Member Services **888-545-2600**

(For mental health and substance use services)

Philadelphia Crisis Line **988 or 215-685-5440**

Network of Neighbors **267-233-4837**

(respond to trauma in communities)

Supports include:

- Community Crisis Supports
- Trauma Focused Therapy
- Peer Supports

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: City of Philadelphia Office of the Victim Advocate



Numbers to Know 24/7

Suicide and Crisis Lifeline **988 or 215-685-6440**

Member Services

888-545-2600

mental health and substance use services

Homeless Outreach

215-232-1984

Victim Advocate

215-567-6776

Phila. Anti-Drug
Anti-Violence Network

215-940-0550

Mothers in Charge

215-228-1718

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

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Created in collaboration with Adara Combs, Esq., Office of the Victim Advocate

City of Philadelphia

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Have You Experienced Traumatic Stress?

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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 215-685-6440
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 for behavioral health emergencies

Friends Hospital
4641 Roosevelt Blvd.
215-831-2600

Hall Mercer
234 S. Eighth St.
215-829-5433

Children's Crisis Response Center
3300 Henry Ave., Falls Center 2, Suite 3N
215-878-2600

Einstein Medical Center
5501 Old York Road
215-951-8300

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

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

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