

# Have You Experienced Traumatic Stress?

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**

Sources: traumaresourceinstitute.com and unicefusa.org

# 888-545-2600

Mental health and substance use services

# 988

SUICIDE & CRISIS  
LIFELINE

988Philly.ORG



DBHIDS.ORG

## Crisis Response Centers

### Friends Hospital

4641 Roosevelt Blvd.  
215-831-2600

### Einstein

5501 Old York Rd.  
215-951-8300

### Children's Crisis Response Center

3300 Henry Ave., Falls Two Building  
215-878-2600

### Pennsylvania Hospital

801 Spruce St.  
215-829-5433

### Temple Episcopal

100 E. Lehigh Ave.  
215-707-2577

### CHOP Children's Crisis Center

501 S. 54th St., 445-428-5800

### HUP Cedar

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

### NET Centers

(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](https://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.



## Phone Numbers

Community Behavioral Health Member Services **888-545-2600**  
mental health and addiction services for residents with and without insurance

Domestic Violence Hotline **866-723-3014**

Homeless Outreach **215-232-1984**

Intellectual disAbility Services **215-685-5900**

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.



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City of  
Philadelphia