

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



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#HealthyMindsPhilly
#mindPHL

Numbers to Know 24/7

Philadelphia Crisis Line

215-685-6440

mental health crisis

Community Behavioral Health

888-545-2600

mental health and addiction services

Homeless Outreach

215-232-1984

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 (Opioid Treatment)
499 N. Fifth St.
844-533-8200

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 addiction 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

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.

City of Philadelphia
DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disability SERVICES