



## Seeking Help After Exposure to A Traumatic Event

- People exposed to traumatic event can show symptoms of stress
- Most of the symptoms are transient and usually disappear in several weeks
- Some people however, continue to experience stress for an extended period of time, or their symptoms worsen. These people should consider seeking professional help to support their coping and recovery
- People who need help are often unaware of their need for assistance and will not seek help

### When to seek help?

You should seek help if after witnessing or experiencing a traumatic event you develop symptoms of stress which worsen or persist for one month or longer.

Symptoms you may experience can include:

- Feeling guilty, hopeless and worthless
- Having little energy or feeling fatigued all the time
- Having little interest or pleasure in doing things you once enjoyed
- Having thoughts of death or suicide
- Feeling anxious or anxiety disrupts your daily functioning
- Feeling restless or irritable
- Having trouble falling or staying asleep or sleeping too much or too little
- Having poor appetite or overeating
- Having difficulty concentrating, remembering or making decisions
- Drinking more alcohol than before or using illicit substances
- Experiencing physical symptoms that don't respond to treatment such as chronic pains
- Feeling strong fear, horror and helplessness because of the event
- Reliving constantly the traumatic event through nightmares or vivid, painful memories
- Avoiding places, situations or conversations, which reminds you of the event
- Behaving as if you are still in danger: you are constantly on your guard and you are easily startled
- Feeling numb or detached from your surroundings and from others

### Where to find help?

Should you or any one you know need help to cope with stressful events, contact 1-800 LifeNet a 24 hour, 7-days-a-week crisis hotline. LifeNet staff are mental health professionals who speak a variety of languages: English 1-800-LifeNet (1-800-543-3638); Spanish 1-877-AYUDESE (1-877-298-3373); Asian 1-877-990-8585, Deaf/Hearing Impaired (TTY): 1-212-982-5284. You can also visit their Website at [www.mhaofnyc.org](http://www.mhaofnyc.org)