



WHO IS IMPACTED BY TRAUMA?

Traumatic events can impact **anyone** regardless of race, gender, sexual orientation, creed or economic status. Events like natural disasters, mass shootings, sexual assaults, etc., may have ripple effects beyond those who experienced the event first hand. **Witnessing** a traumatic event or learning a trauma **happened to a loved one** may have serious impact that requires treatment. **First responders** are at high risk of experiencing trauma related symptoms because they are likely to be repeatedly exposed to trauma or human suffering.

TRAUMATIC STRESS

Most people have stress related symptoms after a traumatic event. If these symptoms don't begin to fade after a month or so, it may be time to seek professional help.

COMMON SYMPTOMS

- **Reliving the event.** Memories about the trauma can come back at any time and can be very distressing triggers of what happened. This could look like bad dreams or unwanted thoughts about the trauma.
- **Avoidance.** You may try to avoid people, places or things that bring back memories of the traumatic event.
- **Negative beliefs and feelings.** The way you think of yourself and others may have changed because of the trauma. You may have trouble feeling your emotions, think no one can be trusted, or feel guilt or shame.
- **Feeling on guard or Keyed up.** You may feel that you must be on the lookout for danger or become easily startled. You may find that you become angry very easily.

TREATMENT WORKS

There are several effective treatment options available. Many of these treatments are short-term. Discuss treatment options with a mental health professional to decide what will be most effective for you.

RESOURCES

Citilookout Trauma Recovery Center 937-523-0037

Eastway Behavioral Health Care 937-396-2535

Family Services 937-222-9481

Goodwill Easter Seals Miami Valley
Main Street Recovery Center 937-528-6549

Samaritan Behavioral Health
CrisisCare 937-224-4646

South Community, Inc. 937-293-8300

TCN Behavioral Health 937-376-8700

For a list of mental health service providers and counselors visit <http://www.daytonheals.org/>.

