



Coping with Violent/Traumatic Events

Categories : [Children and Families](#), [Disaster Related](#), [Mental Health Care](#), [Youth and Young Adults](#)

Stress, anxiety and other depression-like symptoms are common reactions after any natural or human-caused disaster.

WAYS TO COPE WITH STRESS:

- Follow a normal routine as much as possible
- Take care of yourself
- Talk about your feelings and accept help
- Connect socially
- Stay active and get out and help others

HOW CAN PARENTS HELP THEIR CHILDREN AFTER A DISASTER/TRAUMATIC EVENT OCCURS:

- Maintain a normal routine as much as possible
- Keep home a safe place
- Talk and listen
- Encourage expression of feelings
- Reassure
- Take information breaks
- Connect with others

GET MORE HELP IF:

- You have symptoms of stress, like feeling sad or depressed for more than two weeks
- You are not able to do your job or go to school
- You have trouble sleeping and experience nightmares and recurring thoughts about the event
- You are not able to care of yourself or family
- You engage in risky behaviors like alcohol or drug use
- You have thoughts about suicide

If problems continue or you are thinking about suicide talk to a licensed mental health professional, doctor or community or faith based provider.

FOR MORE INFORMATION GO TO:

- <https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>
- <http://www.nctsn.org/trauma-types>
- <http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
- <https://www.mhanational.org/conditions/post-traumatic-stress-disorder>
- <https://www.samhsa.gov/trauma-violence>
- <http://www.naeyc.org/content/coping-violence>

HOW TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:



Search by service name:

- [Adolescent/Youth Counseling](#)
 - [General Counseling Services](#)
 - [Bereavement Counseling](#)
 - [Psychiatric Disorder Counseling](#)
 - [Substance Abuse Counseling](#)
 - [Mental Health Hotlines](#)
 - [Suicide Prevention Hotlines](#)
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SOURCE: Centers for Disease Control and Prevention

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