

Coping with Violent/Traumatic Events

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

DISASTER DISTRESS HELPLINE

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text the helpline to connect with a trained crisis counselor.

It is common to feel stress symptoms before or after a crisis. Natural and human-caused disasters can have a devastating impact on people's lives because they sometimes cause physical injury, damage to property, or the loss of a home or place of employment. Anyone who sees or experiences this can be affected in some way. Most stress symptoms are temporary and will resolve on their own in a fairly short amount of time. However, for some people, particularly children and teens, these symptoms may last for weeks or even months and may influence their relationships with families and friends. Common warning signs of emotional distress include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Having unexplained aches and pains, such as constant stomachaches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking, or using drugs, including prescription medications
- Worrying a lot of the time; feeling guilty but not sure why
- Thinking of hurting or killing yourself or someone else
- Having difficulty readjusting to home or work life

If you are experiencing any of these symptoms and they are making it hard to get things done, get through your daily day, or are getting worse, please call or text:

Disaster Distress Helpline: Call or Text 1-800-985-5990. For more information on the Disaster Distress Helpline click on the link below:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

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://emergency.cdc.gov/coping/index.asp>
- <https://www.nctsn.org/trauma-types>
- <https://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>
- <https://www.naeyc.org/resources/topics/coping-trauma-stress-and-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](#)

SOURCE: Centers for Disease Control and Prevention

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