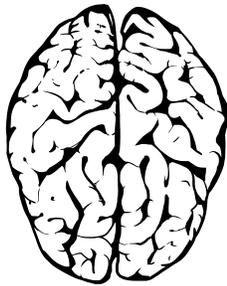


# TRAUMA RESOURCES

This pandemic might be bringing up some familiar or difficult emotions for you, especially if you have had traumatic experiences in the past. Sometimes, if we experience something extremely distressing, it might bring up memories, fear, panic, and more. These are normal reactions to traumatic events. There are many distressing experiences that could qualify as trauma. Remember, it is important to learn to deal with our past traumas so we can do our best to not let it hinder our present and future.

## What is Trauma?

Trauma is defined as a "deeply distressing or disturbing experience" or a "physical injury". This could include numerous things, like a traumatic brain injury, witnessing a crime, or even being a victim of a crime. What makes trauma so complex is that it varies from person to person. Not everyone might be affected the same way as somebody else might be by a specific event. If you believe something is traumatic, then it is traumatic to you.



## Symptoms of Trauma

There are many different things one can experience after a traumatic event, depending on the event, the people involved, and the time since the event(s). If you are struggling, you might notice you are experiencing the following signs following a traumatic experience. These symptoms are not the same for everyone.

- persistent fear or anxiety
- grief
- mistrust of others
- depression
- trouble sleeping/insomnia
- loss of interest/motivation
- avoidance of reminders
- upsetting memories, nightmares, and/or flashbacks
- hyper arousal or irritability
- withdrawal for others and social situations
- fight-flight-freeze response
- other personal challenges/difficulties

We are here for you and your loved ones regarding traumatic experiences you may have had. Please, reach out to a supportive adult or professional if you are struggling with a past or current trauma. You deserve to take care of yourself during this time.

This is an extremely unprecedented and uncertain time for everyone. It is becoming increasingly difficult to cope during these times. We must not forget to continue our normal routine and coping amidst this pandemic. Below are some resources (local and online) for those that are currently struggling with a past or current trauma and are looking for additional education and coping skills.

## Coping

Because trauma is such a complex experience, there is no "right" way to move forward and begin to heal. However, it is important to take care of yourself in the meantime if you find yourself having a tough time.

- **Remember that there's no right or wrong way to feel**
- **Give yourself TIME**
- **Try to re-establish your sense of safety**
- **Journaling**
- **Grounding techniques**
- **Art/Expression/Music**
- **Mindfulness/yoga/meditation**
- **Exercise/Eating Healthy**
- **Establish a routine**
- **Go on a walk/take a bike ride**
- **Make keeping in contact with loved ones a priority**
- **If you're ready - talk with a trusted friend, family member, or adult**
- **Seek professional help**
- **Ask for a loved one to check in on you regularly**
- **Seek friend/family support**
- **Connect with others that might have experienced the same or a similar event**
- Any healthy coping strategies you have developed over time should be put to use now. Wherever you normally find strength, use that resource now.

For more coping resources, visit

<https://www.boystown.org/parenting/Pages/50-coping-skills.aspx>

Please reach out to a supportive adult if you are needing assistance. If you are having suicidal thoughts, contact a crisis hotline or 911 **immediately**. You are not alone.

# Community Resources

## Support Groups:

Most groups are on hold right now, but you can join when government regulations subside.

### Arizona Psychological Association

Various teen support groups (cost) and peer support groups (free)

[https://azpa.org/Counseling\\_Peer\\_Support\\_Groups](https://azpa.org/Counseling_Peer_Support_Groups)

### PsychologyToday - Trauma-Focused

<https://www.psychologytoday.com/us/groups/trauma-focused/az/chandler>

### TeenTribe

<https://support.therapytribe.com/teen-support-group/>

## Individual Counseling:

Many counselors are offering support over the phone, video communications, or through chatting/text messaging.

### BetterHelp E-Counseling

[contact@betterhelp.com](mailto:contact@betterhelp.com)

<https://www.betterhelp.com/>

### Psychology Today - General

<https://www.psychologytoday.com/us/therapists/adolescents-teenagers-14-to-19/arizona>

### Psychology Today - Trauma & PTSD

<https://www.psychologytoday.com/us/therapists/trauma-and-ptsd/az/chandler>

### Total Life Counseling

690 East Warner Road Suite 115, Gilbert, AZ

(480) 444-2434

[Info@TotalLifeAZ.com](mailto:Info@TotalLifeAZ.com)

<https://www.totallifecounseling.net/contact.html>

### 7 Cups

Free online emotional support chatting for adults and teens ages 13-17, or you can upgrade to a membership for full therapy. Also available as an online on iPhone/Android <https://www.7cups.com/>

## Online Resources:

Free Coronavirus Sanity Guide <https://www.tenpercent.com/coronavirussanityguide>

<http://www.selfhelpfortrauma.org/>

[http://www.traumacenter.org/resources/tc\\_resources.php](http://www.traumacenter.org/resources/tc_resources.php)

<https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>

<https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

<https://www.nami.org/Blogs/NAMI-Blog/January-2019/7-Tools-for-Managing-Traumatic-Stress>

<https://www.sane.org/information-stories/the-sane-blog/managing-symptoms/tips-for-coping-with-the-effects-of-trauma>

## Meditations:

- Relaxation Exercises [http://www.traumacenter.org/resources/pdf\\_files/relaxation\\_exercises.pdf](http://www.traumacenter.org/resources/pdf_files/relaxation_exercises.pdf)

- Safe Place Imagery <https://www.getselfhelp.co.uk/docs/SafePlace.pdf> 24-hr Crisis Line: 602-222-9444

24-hr Suicide Prevention Lifeline: 800-273-8255

24-hr Teen Lifeline: 800-273-TALK or 602-248-8336

ASAP (Adolescent Substance Abuse Program): 602-434-0249

EMPACT: 866-205-5229

Find Help Phoenix: [Find Help Phoenix](#)

Mercy Maricopa 24-hrs. Hotline (AHCCCS only): 800-631-1314

Pathways Substance Abuse Program: (480) 921-4050

State Treatment Hotline: 800-662-4357

Trevor Project 24 hour hotline (LGBT): 866-488-7386

**Hotline/Crisis  
Numbers**