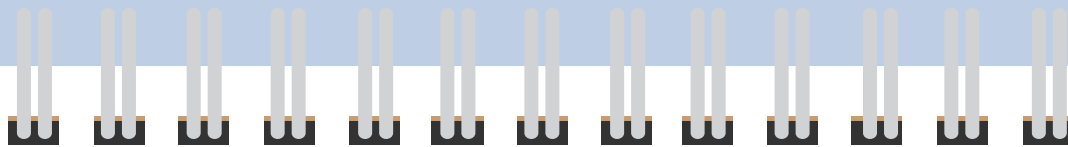




# 10 SIGNS

A PERSON MAY BE EXPERIENCING TRAUMA

**“A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events.” — MENTAL HEALTH FIRST AID**



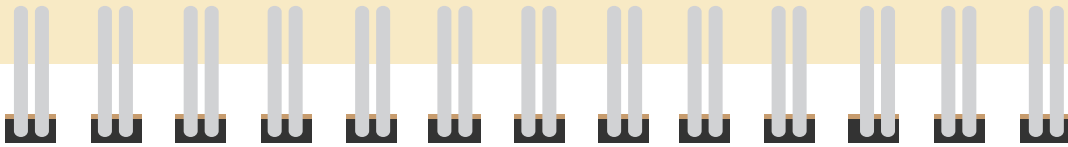
- 1.** Shock, denial or disbelief
- 2.** Anger, irritability or mood swings
- 3.** Sadness or hopelessness
- 4.** Confusion or difficulty concentrating
- 5.** Anxiety or fear
- 6.** Withdrawal from others
- 7.** Trouble sleeping or nightmares
- 8.** Easily startled
- 9.** Fatigue
- 10.** Racing heart, aches and pains or muscle tension



# 10 TIPS

## TO HELP SOMEONE EXPERIENCING TRAUMA

**“A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events.” — MENTAL HEALTH FIRST AID**



- 1.** Learn about local resources in your community.
- 2.** Ask how you can best help.
- 3.** Talk with the person as an equal.
- 4.** Offer support in whatever form seems right, including small things like a hug or having coffee together.
- 5.** Know that behaviors like withdrawal, irritability and bad temper may be a response to trauma. Remain friendly.
- 6.** Encourage the person to talk about their reactions if they feel ready and want to do so.
- 7.** Don't interrupt to share your own feelings, experiences or opinions.
- 8.** Don't trivialize the person's feelings or minimize his or her experience.
- 9.** If the person wants help, offer your support and connect him or her with local resources and services.
- 10.** If at any time the person becomes suicidal or begins abusing drugs or alcohol, seek professional help.