

Coping After Trauma: When to Ask for Help

After a traumatic event, problems may come and go. It's important to know when to ask for help. If you or someone you know is experiencing any of the following problems, please ask for help:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than you should
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Yelling or fighting with family and friends
- Having thoughts and memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

If these problems are making it hard to get things done, get through your day, or are getting worse, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) (in Spanish, 1-888-628-9454), or visit www.suicidepreventionlifeline.org.

Source: Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. (2007, April). *Having trouble coping? There is hope* (Pub. No. CMHS-SVP-0155). Retrieved January 14, 2008, from <http://www.samhsa.gov>