



Counseling And Psychological Services

Charleston/Henderson 702-651-5518

North Las Vegas 702-651-4099

Response to Trauma

After a trauma both children and adults can have some or many of the below listed responses, and these symptoms will improve on their own. However, if someone is experiencing symptoms that are severe, persistent or interfering with your day-to-day life, professional assistance can be very beneficial. If you or someone you know needs assistance, CSN – Mojave Counseling can provide treatment or referrals.

Physical

- Sleep problems
- Eating disturbance
- Aches and pains
- Lack of energy

Behavioral

- Agitation, restlessness, aggression
- Alcohol/drug use
- Distrust, suspiciousness
- Avoiding certain places, people or other reminders of the trauma
- Relationship problems

Emotional

- Changes in mood, such as depression, apathy or irritability
- Outbursts of anger or crying; fear, sadness or anxiety
- Detachment from emotions
- Dissociation-checking out
- Excessive reaction to minor stress

Cognitive

- Difficulty focusing
- Memory problems
- Slowed thinking

Informational Resources

National Center for Post-Traumatic Stress Disorder

<https://www.ptsd.va.gov/>

Posttraumatic Stress Disorder Alliance

<http://www.ptsdalliance.org>

Vegas Strong Resiliency Center

<http://vegasstrongrc.org>

National Suicide Prevention Helpline

<https://suicidepreventionlifeline.org>

1-800-273-8255

Disaster Distress Helpline [http://](http://samhsa.gov/find-help/disaster-distress-helpline)

samhsa.gov/find-help/disaster-distress-helpline

1-800-985-5990

Or text TALKWITHUS to 66746

Helpful Tips

Talk with others who understand and respect how you feel.

Stress can be reduced with proper rest, exercise and eating healthy.

Take deep breaths often throughout your day. Make time for relaxing activities.

Write in a journal, listen to relaxing music, practice yoga and mindfulness.

Know that having an ongoing response to trauma is normal. Healing does not mean forgetting traumatic events.

Avoid negative coping skills, such as using alcohol and drugs to cope with difficult feelings.

Talk with a professional.

“DO’S AND DON’TS”

For the Survivor of a Traumatic Incident

These examples of coping skills may assist recovery

DO:

TALK ABOUT THE INCIDENT

Expect the incident to bother you

Maintain a good diet and exercise, alternating with rest

Take time for leisure activities, and get plenty of rest

Remind yourself that post-traumatic reactions are normal

Learn as much as possible about Critical Incident Stress

Spend time with family; friends and co workers

Get extra help, if necessary

Structure your time – keep busy

Reach out- people do care

Give yourself permission to feel rotten

Keep a journal-write your way through those sleepless hours

Help co-workers by sharing your feelings, and checking to see how they are doing

DON’T:

Drink alcohol to numb yourself

Use legal or illegal substance to numb

Withdraw from family, friends, and co-workers

Automatically stay away from work or other obligations

Use off-duty time for training immediately after the incident

Look for easy answers to explain the reason for the incident

Think you are “crazy”

Have unrealistic expectations for recovery

Make big life changes

Fight any reoccurring thoughts, dreams or flashbacks- they will decrease over time and become less painful.