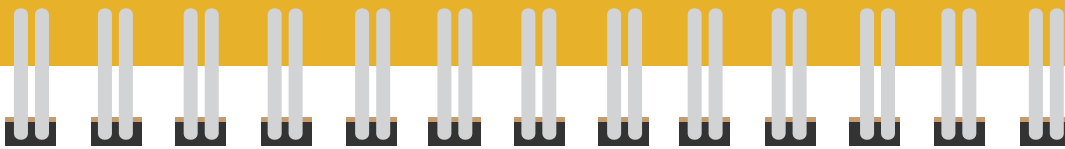




# 10 TIPS

## 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**



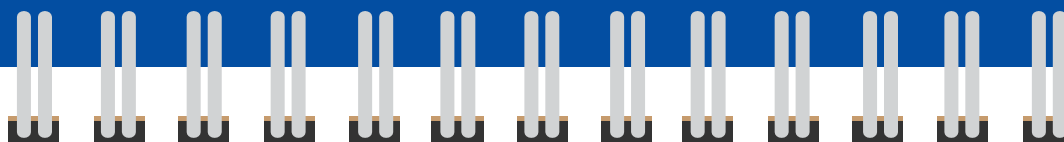
1. Learn about local resources in your community.
2. Ask how you can best help.
3. Talk with the person as an equal.
4. Offer support in whatever form seems right, including small things like a hug or having coffee together.
5. Know that behaviors like withdrawal, irritability and bad temper may be a 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.



# 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