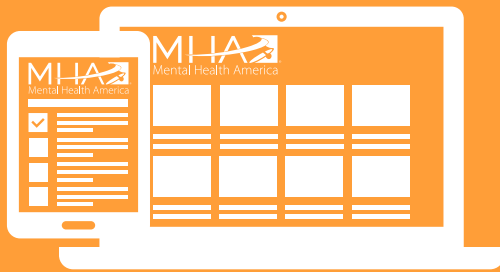


What Next?

Trauma is hard for the mind and body and you may not feel “normal” for a little while. To reverse the effects of trauma and PTSD, you have to teach your mind and body how to feel safe again. Learning how to feel safe again is best done with support. Some things that might help include: talking about what happened, being in tune with your body’s reactions to stress, changing upsetting and untrue thoughts that are in your head because of the trauma, or finding ways to help you sleep. If you find you can’t quiet your mind, try using MHA’s “Keep Your Mind Grounded” worksheet. If you need help starting a conversation, visit www.mentalhealthamerica.net/timetotalk for tips on how to get started.

Traumatic events can also cause people to start having symptoms of anxiety, depression, or psychosis for the first time in their lives.

SCREENING IS AN ANONYMOUS, FREE, AND PRIVATE WAY TO LEARN ABOUT YOUR MENTAL HEALTH AND IF YOU ARE SHOWING WARNING SIGNS OF A CONDITION. A SCREENING IS NOT A DIAGNOSIS, BUT IT CAN BE A HELPFUL TOOL FOR STARTING A CONVERSATION WITH SOMEONE YOU TRUST ABOUT YOUR MENTAL HEALTH.



TAKE THE YOUTH SCREEN
AT MHASCREENING.ORG

If you or someone you know is struggling, it is important to reach out for help as soon as possible. There are doctors and counselors who have special training to help people who have been through traumatic events, and the sooner you get help, the more likely you are to get better.






TRAINED CRISIS COUNSELORS ARE AVAILABLE 24/7 BY TEXTING “MHA” TO 741-741 OR CALLING 1-800-273-TALK(8255).

YOU CAN ALSO DOWNLOAD THE NOTOK APP ON GOOGLE PLAY OR THE APP STORE. THE NOTOK APP ALLOWS YOU TO IDENTIFY UP TO 5 PEOPLE WHO WILL RECEIVE A NOTIFICATION WHEN YOU PRESS A BUTTON INDICATING THAT YOU’RE NOT OK.

Sources

¹ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Arlington, VA: American Psychiatric Publishing.



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