



Community Resilience and Healing

ADDRESSING TRAUMA AND VIOLENCE

Photo: Steve Weinik

As Philadelphia strives to decrease incidents of violence, many people struggle with feelings of sadness, fear, and anxiety.

Trauma is an emotional response to a terrible event.

Signs and symptoms can happen within hours or may take as long as weeks to months after the incident. Although some people recover quickly, you may require additional help and support. Seek support if you frequently experience:



- Confusion, trouble paying attention
- Overwhelming anxiety, fear, grief, guilt
- Bursts of anger, crying spells
- Helplessness, hopelessness
- Excessive smoking, drinking, or drug use
- Withdrawal from family and friends
- Trouble eating, trouble sleeping
- Loss of interest in normal activities

Tips for Wellbeing

Ask for Additional Support



Seeking support to manage difficult emotions is a normal part of the healing process. Consider reaching out for professional advice and support.

Take a Break from the News



Too much news can cause negative emotions to resurface and increase stress and anxiety.

Stay Connected with People



Reach out to your support system and talk if it makes you feel better.

Relieve Stress



It's normal for traumatic events to leave negative feelings. Take time to think about happy moments and special events. This helps shift your thinking and balance your thoughts.

Get Connected



CBH Member Services **888-545-2600** 24/7, trauma-informed care and supports

Philadelphia Crisis Line **215-685-6440** 24/7, mental health crisis/emergency

Community support after a traumatic event, call **267-233-4837** or email **NetworkofNeighbors@phila.gov**

To talk or join a support group, visit **NAMlphilly.org**

For behavioral health screenings and training, visit **HealthyMindsPhilly.org**

For more resource, tips, and tools visit, **DBHIDS.org/Boost**

It's okay to not be okay. You are not alone. Help is here!

Experiencing and witnessing violence is challenging. It impacts everyone in the community's health and wellbeing. Community-based programs build safe, resilient, and trauma-informed communities.

Community Engagement

DBHIDS supports programs that build and promote community resilience.

Partnership Programs:

City of Philadelphia
MuralArtsProgram

PORCH LIGHT

healing
hurt
people
philadelphia

**PHILADELPHIA
CEASEFIRE**
CURE VIOLENCE

DBHIDS Initiatives:

**NETWORK of
NEIGHBORS
RESPONDING
to VIOLENCE**

EMOC
ENGAGING MALES OF COLOR

PACTS
The Philadelphia Alliance for Child Trauma Services

*Healthy
Minds
Philly*
.org

USA
MENTAL
HEALTH
FIRST AID
PHILADELPHIA

It's all
about
community!

EPIC
EVIDENCE-BASED PRACTICE
& INNOVATION CENTER

Collaborations

Efforts to address community trauma have resulted in many cross-sector collaborations.

DBHIDS participates in the **Philadelphia Road Map for Safer Communities** and coordinates trauma supports to individuals and communities through many city partners.

 **Office of
Violence Prevention**
CITY OF PHILADELPHIA

 **Department of
Human Services**

 **Office of
Homeless Services**
CITY OF PHILADELPHIA



 **THE SCHOOL DISTRICT OF
PHILADELPHIA**

**PHILA
COURTS.US**

 **Philadelphia Department of
Prisons**

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.

City of Philadelphia
DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disability SERVICES