

TROUBLE COPING?



After a traumatic event, problems may come and go. It is important to know when to ask for help. Please call The Suicide Prevention Lifeline at 1800-273-8255 or Text 988 if you or someone you know is experiencing any of the following problems, especially if a problem is making it hard to get through the day or is getting worse.

Eating or sleeping too much or too little

Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared

Pulling away from people and things

Fighting with family and friends

Having low or no energy

Unable to get rid of troubling thoughts and memories

Feeling numb or like nothing matters

Thinking of hurting or killing yourself or someone else

Having unexplained aches and pains

Unable to perform daily tasks like taking care of your kids or getting to work or school

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than you should