

THE COMMUNITY HEALING RESPONSE NETWORK

Boston Healing Response Team

Bowdoin-Geneva Community
Healing Response Team

Codman Square
Community Healing Response Team

NeighborHealth/East Boston
Community Healing Team

Greater Nubian Square Community Healing
Response Team aka Roxbury Team

Grove Hall Community
Healing Response Team

Humboldt/Academy
Community Healing Response Team

Jamaica Plain Community
Healing Response Team

Mattapan Community
Healing Response Team

Upham's Corner
Community Healing Response Team

For more information or to access this brochure in Spanish, Cape Verdean, Portuguese, Haitian, French, Somali, Vietnamese, Mandarin, or Arabic please visit:

WWW.NEIGHBORHOODHEALING.COM



English

WHEN DO YOU NEED MORE SUPPORT?

You know yourself best. If you or those closest to you notice that your symptoms aren't getting better or that you are having other uncomfortable reactions, it might be time to contact your doctor or counselor to let them know. You can also contact one of the resources listed below. You do not have to go through this by yourself.

RESOURCES

In the event of a mental health emergency call:

- BEST Team | **800 981-HELP**
- For all other emergencies dial **911**
- Victim Compensation and Assistance | **617-727-2200 ext. 2160**
- Parent Support Line | **800-632-8188**
- Samaritans Suicide Helpline | **877-870-HOPE (4673)**
- Youth & Young Adults MassEdCO | **617-536-0200**
- ROCA | **617-442-3101**
- BPS Helpline | **617-635-8873**
- MA Behavioral Health Helpline 24/7 | **833-773-2445**
- Domestic Violence | SafeLink 24/7 Support Line | **877- 785-2020**
- Boston Area Rape Crisis | **800-841-8371**
- Fenway Health LGBTQ | **617-267-0900**
- Substance Use & Mental Health Services | **800-662-4357**
- Housing | **617-635-3880**
- Additional Resources Mass 211 dial **211**
- City Services dial **311**



Building a Healthy Boston
Mayor Michelle Wu



HEALING AFTER TRAUMA



TO CONNECT TO OUR SERVICES PLEASE CALL OUR
24/7 SUPPORT LINE: 617-431-0125

WWW.BPHC.ORG

WHAT IS TRAUMA?

Trauma is the result of a frightening or scary event or situation. It is a reaction to an event or series of events that a person or community experiences as physically or emotionally harmful or life threatening. Trauma occurs when that harmful event takes over your ability to cope. For example witnessing or experiencing a violent event in your neighborhood, a bad accident, or the sudden death of a loved one may cause trauma.

COMMON REACTIONS TO TRAUMA

While everyone responds differently, here are some common reactions that you may experience:

- Trouble sleeping
- Changes in your appetite
- Feeling tired or irritable
- Having nightmares
- Feeling nervous
- Feeling "numb" or having no feelings at all
- Feeling "jumpy" or like you need to check around you all the time
- Needing to keep your loved ones close to you
- Having "flashbacks" - seeing a replay of the trauma in your mind



WAYS TO BEGIN THE HEALING PROCESS

There are a lot of different things that you can do to help yourself feel better in the days and weeks after a traumatic event. One of the most important things that you can do is to take care of yourself. Some things that may be helpful include:

- Setting a regular routine & getting plenty of rest
- Being kind to yourself
- Spending time with family and friends
- Connecting with your doctor or counselor
- Taking care of your body

Getting enough sleep

Even if you are having trouble sleeping, it is a good idea to lie down and rest at night. Try to resist drinking alcohol or taking drugs to help you sleep. If you are still not able to sleep after a few days, call your doctor or counselor.

Set a regular routine

It is important to set a regular routine for yourself. A routine will give you a sense of balance.

Being kind to yourself

After a traumatic event it's normal to feel shame or to blame yourself for what happened. But try to be easy on yourself and remember that these kinds of thoughts are normal.

Practice mindful media consumption

It's okay to take breaks from the news, and to be mindful of what we share or post. Try to balance staying informed with giving yourself permission to not read or watch upsetting and overwhelming media.



THE COMMUNITY HEALING RESPONSE NETWORK (CHRN)

The CHRN is a network of hospitals, health centers, and community organizations dedicated to supporting individuals and communities heal from incidents of community violence.

Services are divided into three key areas: **Immediate Support, Therapeutic Services, & Community Engagement**, and include:

- Resource Navigation
- On-Scene Support
- Coping and Healing Groups
- Bereavement Services
- Behavioral Health Services
- Community Engagement & Education

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