



Children's Trauma Supports

Pre-K to Five

Trauma is an emotional response to a terrible event.

Trauma can occur from a single experience or prolonged experiences.

Trauma is a frightening or violent event that can pose a threat to how you feel physically and/or how you feel emotionally inside.

Traumatic events might include:

- Violence
- Neglect
- Physical or emotional abuse
- Racism
- Grief and Loss
- Pandemic related isolation

Trauma can feel like:

- Stomach Aches
- Clinging to Adults
- Difficult to console
- Headaches
- Feeling aggressive
- Outbursts of Anger
- Easily Frightened
- No Energy

For Help, Contact:

Member Services **888-545-2600**

(ask about Intensive Behavioral Health Services, Phila. Alliance for Child Trauma Services, and Trauma-Focused Cognitive Behavioral Therapy)

Children's Crisis Treatment Center **215-496-0707**

Network of Neighbors **267-233-4837**

(responds to trauma in communities)



You can expect:

- Resources and the connections for needed services and supports
- Children and families receive the help they need
- Ongoing support as needed



For more tips and resources visit

DBHIDS.ORG/TRAUMA

Sources: City of Philadelphia Office of Children and Families.



Photo: Steve Weinik

Numbers to Know 24/7

Suicide and Crisis Lifeline **988 or 215-686-6440**

Children's Resources

DHS Helpline

267-519-5326

Court Appointed Advocates

267-519-5326

Center for Child Protection

215-590-4923

Places to Go for behavioral health emergencies

Children's Crisis Response Center
3300 Henry Ave., Falls Center 2, Suite 3N
215-878-2600

Children's Crisis Treatment Center
1080 N Delaware Ave., 6th Fl.
215-496-0707

Websites to Visit

For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit **HealthyMindsPhilly.org**

To find mental health and substance use services and providers for Medicaid recipients online, visit **CBHPhilly.org**

PACTS serves youth in Philadelphia who have experienced potentially traumatic events and are living with traumatic stress. **PhiladelphiaPACTS.org**



For more resources, use your cell phone camera to scan the QR code or visit

DBHIDS.ORG/BOOST

**wellness • behavioral health • intellectual disability
early intervention • community supports**

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.

Created in collaboration with Kate Eisenpress, Director of Early Childhood Strategic Initiatives

