

## Trauma Training Handout

**AN IMPORTANT NOTE ABOUT SELF-CARE:** This training includes slides, discussion, videos, and other materials that cover difficult topics, including abuse, addiction, crime, mental illness, poverty, racism, violence, and other topics that may be triggering or disturbing. We encourage everyone to make a Calming Plan as described below prior to starting this training. We also encourage everyone to do whatever you may need to do to practice good self-care as you go through these training modules, including taking a break or simply discontinuing the training or coming back to it at another time if it is too overwhelming.

You may also want to access a helpful guide titled: **Dealing with the Effects of Trauma: A Self-Help Guide** from the national Substance Abuse and Mental Health Services Administration (SAMHSA). You can find it on our ACES Connection webpage at <https://www.acesconnection.com/g/lancaster-county-pa-aces-and-resilience-connection/clip/dealing-with-the-effects-of-trauma-self-help-guide-sma-3717-pdf><https://www.acesconnection.com/g/lancaster-county-pa-aces-and-resilience-connection/clip/dealing-with-the-effects-of-trauma-self-help-guide-sma-3717-pdf>

Finally, we encourage you to seek out professional resources and assistance if needed to help you or loved ones to address the effects of traumatic experiences in your own life. Here's info on where to call for help:

- Call **911** for medical, fire or police emergencies
- Call **1-800-273-8255** for the national 24 hour Suicide Prevention Hotline if you or someone you know is in immediate crisis or is thinking of hurting themselves
- Call **1-800-273-8255, then press 1**, for the national 24 hour Veterans Crisis Line
- Call **1-800-950-NAMI (6264), Mon - Fri 10AM-6PM, ET** for NAMI HelpLine: free, nationwide peer-support, info & resource referrals to people living with mental health conditions or their family members/caregivers
- Call **211** any time for free info & referrals on available services & resources for a wide range of needs

**Calming Plan:** It can be helpful to make a written calming plan that you can turn to any time you feel stressed, overwhelmed, anxious or triggered. Thinking through ahead of time and having a written plan for what you can do, who you can talk with, where you can go when you're struggling is an empowering and healing strategy. Here is a template you can fill out, print (or replicate on a 3'x5' index card) and keep in your wallet, purse, or some place where you can access it quickly and readily any time you may need it.

When I begin to feel stressed, overwhelmed, anxious or triggered . . .

I will go to (specific place):

I will do (specific action):

I will talk to (specific person):

I will say to myself (mantra):

I will imagine (relaxing image or memory):

I will focus on (directing attention):