

RESOURCES

*Trauma Support Services
of North Texas*
972-709-4904

Veterans Crisis Line
1-800-273-8255

Collin County Mobile Crisis Team
877-422-5939

Plano PD Mental Health Coordinator
972-941-2292

Plano PD Victim's Assistance
972-941-2680

*Collin County
Criminal District Attorney's
Victim Assistance*
972-548-4323 ext 3653

Collin Children's Advocacy Center
972-633-6600



Traumatic stress is a normal reaction to a traumatic event such as a natural disaster, motor vehicle accident, plane crash, shooting, or terrorist attack. Such events are extraordinarily stressful-not just for survivors, but also witnesses and even those repeatedly exposed to the horrific images of the traumatic event circulated on social media and news sources.

Shock and disbelief: you may have a hard time accepting the reality of what happened

Fear: that the same thing will happen again, or that you'll lose control or break down

Sadness: particularly if people you know died

Helplessness: the sudden, unpredictable nature of terrorist attacks, accidents, or natural disasters may leave you feeling vulnerable and helpless

Guilt: that you survived when others died, or that you could have done more to help

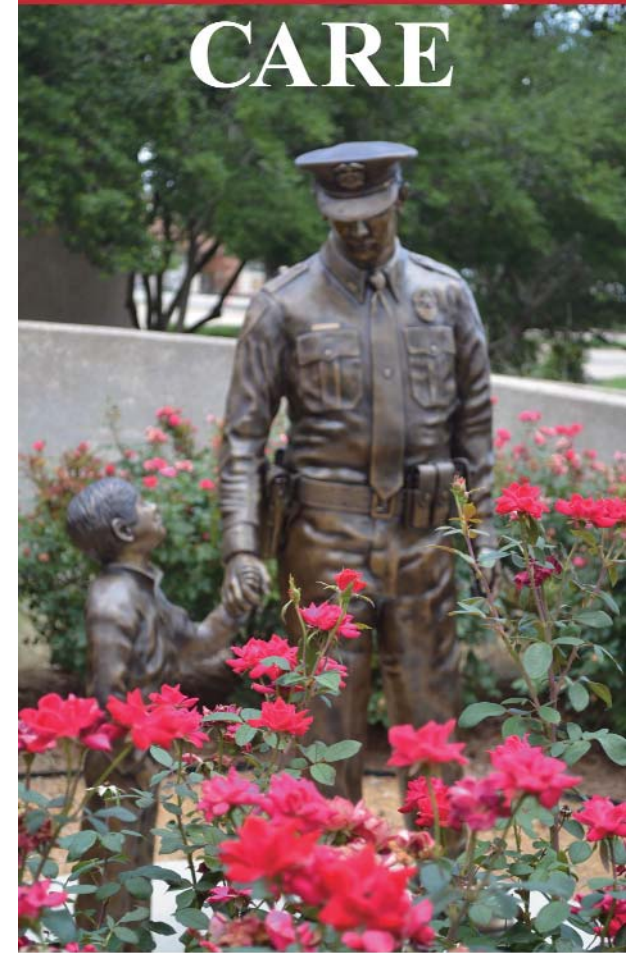
Anger: you may be angry at God or others you feel are responsible

Shame: especially over feelings or fears you can't control

Relief: you may feel relieved that the worst is over, and even hopeful that your life will return

Plano Police Department

Trauma CARE



"There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds."

— Laurell K. Hamilton

QUESTIONS

What is Critical Incident Stress?

ANY incident or traumatic event (death, divorce, injury /illness, loss of job, etc.) that causes you to experience unusually strong emotional reactions which have the potential to interfere with your ability to function at the time of the event or later.

What can you expect?

Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite normal, for some people to experience “emotional aftershock” when they have passed through a horrible event. Sometimes the emotional aftershock (or stress reactions) appear immediately after the traumatic event. At other times they may appear a few hours or a few days later. (In some cases, weeks or months may pass before stress reactions appear.)



How long will the effects last?

The signs and symptoms of stress reaction may last a few days, a few weeks, or a few months, and occasionally longer, depending on the severity of the traumatic event. With understanding and the support of loved ones, the stress reactions usually pass more quickly. If symptoms persist longer than 30 days or disrupting your ability to function, you may want to seek professional help as soon as possible.

SIGNS & SIGNALS of STRESS

Physical

Chills
Thirst
Fatigue
Nausea
Fainting
Twitches
Vomiting
Dizziness
Weakness
Chest Pain
Headaches
Elevated Blood Pressure
Rapid Heart Rate
Muscle Tremors Shock
Symptoms
Grinding of Teeth
Visual Difficulties
Profuse Sweating
Difficulty Breathing

Emotional

Fear
Guilt
Panic
Denial
Anxiety
Agitation
Irritability
Depression
Intense Anger
Apprehension
Emotional Shock
Feeling Overwhelmed
Loss of Emotional Control

Cognitive

Confusion
Nightmares
Uncertainty
Hyper-Vigilance
Suspiciousness
Intrusive Images
Blaming Someone
Poor Problem Solving
Poor Abstract Thinking
Poor Attention
Poor Decision
Poor Memory
Poor Concentration
Disorientation
Difficulty in:

- Recognition
- Alertness

Awareness of Surroundings

Behavioral

Withdrawal
Antisocial Acts
Inability to Rest
Intensified Pacing
Erratic Movements
Shift in Social Activity
Change in:

- Speech
- Appetite

Hyper-Alert
Increased Alcohol Alert
Change in Usual Communication
Emotional Outburst,
Tears and Crying Spells

TIPS for REDUCING or CONTROLLING STRESS

Be Realistic

If you feel overwhelmed by some activities (yours or your family's) learn to say NO! Eliminate an activity that is not absolutely necessary.

Meditate

Just 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it.

Exercise

Regular exercise is a popular way to relieve stress. Just 20 to 30 minutes of daily physical activity benefits both the body and mind.

Hobbies

Take a break from your worries by doing something you enjoy. Whether it's gardening or painting, schedule time to indulge your interest.

Healthy Lifestyle

Good nutrition makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.

Share Your Feelings

A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child or dealing with life's pressures.

*Provided by Mental Health
America and Plano PD Crisis
Intervention Teams Program.*

