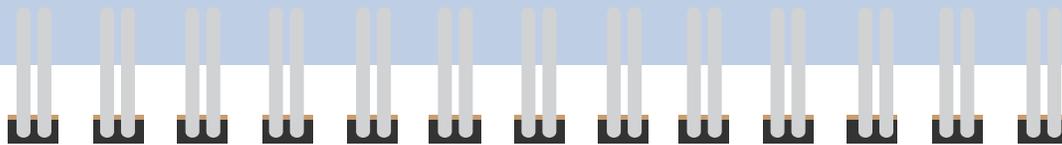




10 SIGNS

A PERSON MAY BE EXPERIENCING TRAUMA

“A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events.” — MENTAL HEALTH FIRST AID



- 1.** Shock, denial or disbelief
- 2.** Anger, irritability or mood swings
- 3.** Sadness or hopelessness
- 4.** Confusion or difficulty concentrating
- 5.** Anxiety or fear
- 6.** Withdrawal from others
- 7.** Trouble sleeping or nightmares
- 8.** Easily startled
- 9.** Fatigue
- 10.** Racing heart, aches and pains or muscle tension