

When to Seek Professional Help for Your Own Trauma

Many people begin to feel better after a traumatic event within a few days or weeks. But for some, these reactions may last longer or feel overwhelming.

Signs that an individual should seek professional help include:

- Feeling overwhelmed by intense emotions or reactions
- Feeling numb or empty for an extended period
- Experiencing ongoing physical symptoms of stress
- Having persistent sleep disturbances or nightmares
- Struggling to maintain daily responsibilities
- Repeatedly reliving the traumatic event
- Feeling constantly on edge or easily startled
- Noticing a decline in relationships with friends and family
- Using drugs or alcohol more frequently
- Struggling to return to work
- Avoiding anything that reminds them of the traumatic event



Reach out to the **Employee Assistance Program** and get help when you need it.