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

Use your access to healthcare as a way to stay healthy. Reach out and get help when you need it.

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(National Institute of Mental Health, 2024; SAMHSA, 2014)