To some degree, everyone living in **INSERT CITY HERE** has been affected by **INSERT EVENT HERE**. We grieve for the lives lost and for their families, and we offer our love and support to the victims recovering from their injuries.

**IN THE AFTERMATH OF TRAUMA**

**YOUR ORGANIZATION NAME HERE**

**YOUR ORGANIZATION ADDRESS HERE**

Directions **INSERT DIRECTIONS HERE**

**You are not alone. Together, we will recover. Together, we will find peace.**

**For help please contact us at (INSERT PHONE NUMBER)**

**INSERT YOUR CONTACT INFORMATION HERE**

Website: **INSERT WEBSITE URL HERE**

**INSERT GOOGLE MAP IMAGE FOR DIRECTIONS OR FACILITY PHOTO HERE**

**ORGANIZATION NAME HERE**

**INSERT YOUR LOGO HERE**
Here are some things that you can do to help the recovery process

1. Try to sleep when you can, and even if you cannot eat a lot, eat well. Take care of your body so that your body can take care of you.

2. Turn to the people you trust - friends, family, co-workers and talk to them - but only if and when you want to talk.

3. If you are the friend or relative of someone who has been affected by a tragedy and they want to talk to you,
   ✓ listen supportively,
   ✓ do not probe for details or try to get them to “grieve,”
   ✓ let the person say what they want to say – do not push for more, and
   ✓ remind them that recovery takes time – all feelings are normal and natural to the recovery process.

Full recovery may take several months, but if there is no decrease in symptoms after one or two months, consider seeking professional help.

Other Tips to Help in Your Recovery

Feeling keyed up or anxious
- Try some deep breathing. Inhale slowly through your nose (count slowly to 5) and fill your lungs down to your stomach. Exhale slowly through your mouth (count slowly to 5). Do this 5 times and as often as you need.
- If you have a smartphone, download the free app “breathe2relax.”

Feeling overwhelmed
- Identify priorities and decide what to do first.
- Break the tasks into manageable steps.
- Identify people or agencies who can help and ask for help.

Encountering reminders of the event
- Understand that people, places, sounds, smells, may trigger reminders of the traumatic event.
- Watching news coverage may trigger thoughts or emotions related to the event.
- Remind yourself that these reactions are normal and you are in recovery.

Difficulty sleeping
- Go to bed at the same time each night.
- Try not to nap after 4:00pm.
- Do not drink caffeinated beverages in the evening.

Using alcohol / drugs to sleep or feel better
- Alcohol will not help you sleep better; passing out is not sleeping.
- Alcohol will interfere with the natural sleep process.