

WHEN TO SEEK HELP

You feel unable to function

You find performing your basic daily activities challenging.

Your stress reactions linger

If your stress reactions last longer than a month, worsen, or interfere with your daily functioning, you may have developed Post-Traumatic Stress Disorder (PTSD), a serious condition.

You become depressed

Depression is not the same as sadness. Depression is an illness.

You may have depression if you:

- ◆ Feel persistently sad and tired
- ◆ Feel hopeless, or worthless
- ◆ Lose interest in things you used to enjoy
- ◆ Have changes in sleep and appetite
- ◆ Have trouble concentrating, remembering or making decisions
- ◆ Have thoughts of death or suicide

You are unable to cope

You are coping in ways that cause problems instead of helping you.

- ◆ Taking drugs, or smoking
- ◆ Drinking alcohol
- ◆ Over or under eating
- ◆ Engage in other risky behavior

WHERE TO FIND HELP

Feeling overwhelmed?
Concerned about someone else?

Help is available: call **NYC Well**

They can help connect with services: counseling, crisis intervention, peer-support and referrals to care.

Free, Confidential, 24/7

English, Spanish, or Mandarin / Cantonese, with translation + 200 languages.

Talk: 1888-NYC-WELL

(1888-692-9355)

Text: WELL to 65173

Chat: nyc.gov/nycwell

If your symptoms of stress become so severe that you need help urgently, or if you are thinking about harming yourself or someone else, call 911.



COPING WITH STRESSFUL EVENTS



There are stressful events that make us feel afraid, vulnerable and helpless. The experience can shatter our sense of safety.

Living through such an event personally or witnessing others trying to cope can be difficult. While family and friends can help us cope, sometimes additional support is needed.

The information in this leaflet can help you cope.

WHAT TO EXPECT

Feeling, anxious, angry and afraid, and experiencing stress reactions when exposed to disturbing events is natural.

Stress may briefly affect how you feel, think and act, but this effect should lessen and disappear with time.

Most people can cope with this stress on their own, or with some support from family and friends.

When the reactions linger or make daily functioning a challenge, professional support may be needed.

COMMON STRESS REACTIONS

People react to stress differently. There is no right and wrong way.

Body

Feeling exhausted, having trouble with sleeping, eating, headaches, rapid heartbeat, dizziness, and chills and sweating, Stress can also worsen existing medical conditions.

Emotions

Strong emotions including shock, disbelief, loneliness, sorrow, numbness, fear, and anger.

Behavior

Not acting “like you”: being restless and argumentative, hyperactive or withdrawn, having emotional outbursts, conflicts at home and work.

Thoughts

Difficulties concentrating, remembering, and making decisions.

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Spirituality

Questioning basic values, withdrawal from or sudden turn towards spiritual support.

TAKING CARE OF YOURSELF

There are simple things you can do that can help you cope.

Accept your feelings. Recover at your own pace and in your own way.

Take care of yourself. Try to stick to routines, eat well, exercise and get enough rest. Avoid smoking, alcohol and drugs to cope.

Reach out. Don't be afraid to talk and express your feelings. You may find this comforting.

Take a break. Do something that will lift your spirits.

Limit your exposure. If the event is in the news; turn off the TV, computer, and put down the papers.

Be part of the community. It can offer you a network of support.

Strive for balance. Remind yourself of the good things in life.

Ask for help if you feel stuck or overwhelmed.