When to seek support:

⇒ You have no one to share your feelings with
⇒ You can’t handle your feelings, feel overwhelmed by sadness, anxiety or nervousness
⇒ You have not returned to normal in 6 weeks
⇒ You have nightmares and cannot sleep
⇒ You are getting on badly with those close to you
⇒ You stay away from other people more and more
⇒ Your work is suffering
⇒ Those around you suggest you seek help
⇒ You have accidents
⇒ You are drinking or smoking too much, or using drugs to cope

Hours of Operation
Crisis Services available 24/7

Walk-in: M-F 8:30am—5pm
Mobile Crisis: M-TH 8:30am—2:00am
Friday-Saturday 9:00am—9:00pm

On-Call Crisis Services:
M–TH 2am—8:30am
Fri-Sat 9:00pm—9:00am
Weekends and Holidays.

Mid Columbia Center for Living

Mid Columbia Center for Living

The Dalles (Wasco/Sherman County)
419 E 7th St
The Dalles, OR. 97058
Phone: (541)296-5452 Option 5

Hood River (Hood River County)
1610 Woods Ct
Hood River, OR. 97031
(541)386-2620 Option 5

Mid Columbia Center for Living
What is a Traumatic Event?

A traumatic event is a situation when a person perceives a threat of harm or danger to themselves or their loved ones. These events can upset and distress us. They can arouse powerful and disturbing feelings for us which usually settle in time without professional help.

Examples of Traumatic Events:
⇒ Serious Accidents
⇒ Being told you have a life-threatening illness
⇒ Loss
⇒ Assault
⇒ Military combat
⇒ Natural or man-made disasters
⇒ Terrorist attacks
⇒ Being taken hostage
⇒ POW

Immediately following the trauma:

*Everyone reacts differently to different situations..

Immediately after a traumatic event, it is common to feel shocked, or numb, or unable to accept what has happened.

**SHOCK**—Stunned, dazed or numb

**DENIAL**—Unable to accept what has happened

These feelings should subside over the following hours or days and other thoughts and feelings will take their place.

What happens next?

Everyone reacts differently and everyone takes different amounts of time to heal. It is normal to have mixed and strong feelings in response. Some of these feelings may include:

- Frightened
- Helpless
- Angry
- Guilty
- Sad
- Ashamed /embarrassed
- Relieved
- Hopeful
- Trouble sleeping
- Headaches
- Changes in eating
- Aches and pains

What to do?

⇒ Give yourself time
⇒ Find out what happened
⇒ Be involved with other survivors
⇒ Ask for support
⇒ Take some time for yourself
⇒ Talk it over
⇒ Get into a routine
⇒ Do some “normal” things with others
⇒ Take care of yourself

What Not to do:

◊ Don’t bottle up your feelings
◊ Don’t take on too many tasks
◊ Don’t drink or use drugs
◊ Don’t make any major life changes

If feelings or thoughts do not subside or you have questions...