

## WHAT YOU CAN DO

- Acknowledge the pain, sadness, grief, anger, fear and loss.
- Allow yourself and others time to mourn and heal emotionally. Be patient with the changes in your emotional state.
- Ask for and give emotional support. It's important to communicate your feelings to friends and family. It's especially important for supervisors to support employees.
- Do not isolate yourself. Visit friends and family members.
- Use support groups in your community.
- Go for an evaluation with a mental health professional.
- Write about your feelings. Children can write and draw pictures about their feelings.
- Engage in healthy behaviors: eat well balanced meals, exercise, get plenty of rest, avoid alcohol, caffeine and drugs.
- Pursue hobbies or enjoyable activities or volunteer to help your community.
- Become knowledgeable about how we react to trauma.
- Resume regular routines as soon as possible. This is especially important for children.

## HELPFUL RESOURCES

Arthur Ashe Institute for Urban Health  
718-270-3101 for literature

American Red Cross  
877-RED CROSS  
877-746-4987

Federal Emergency Management Agency  
(FEMA) 1-800-462-9029

HELP LINE  
212—532-2400

Mental Health Association of New York  
LifeNet 212-995-5824 English  
212-5337007 Spanish  
212-254-2731 Chinese

[www.fema.gov/kids/tch\\_aft.htm](http://www.fema.gov/kids/tch_aft.htm)

[redcross.org/services/disaster/keepsafe/attack.html](http://redcross.org/services/disaster/keepsafe/attack.html)

or contact your Employee Assistance  
Program



## Coping with Emotional Trauma

*Improving the health and well being  
of medically underserved people*

Arthur Ashe Institute for Urban Health, Inc.  
450 Clarkson Avenue, Box 1232  
Brooklyn, NY 11203-2098  
Phone: 718-270-3101  
Fax: 718-270-2602  
Web address: [arthurasheinstitute.org](http://arthurasheinstitute.org)