

## DEALING WITH CRISIS AND TRAUMATIC EVENTS

### ***What is a traumatic event?***

A traumatic event is when an individual experiences or witnesses an actual or threatened serious injury or death. The threat may be to oneself or others.

Aftershocks may appear immediately after and stress reactions may appear a few hours, days or weeks after.

### ***Types of crisis***

Crises could include an assault, injury, accident, death, suicide, robbery, homicide or rape. Other events could include fire, natural disasters, riots, terrorism, and hate & bias incidents.

### ***Possible emotional reactions***

- Numbness: detachment, denial, disbelief
- Change in mood
- Loss of interest in activities
- Flashbacks of the event
- Nightmares
- Triggering events and people

### ***Possible physical reactions***

- Aches and pains (headache, back ache, etc)
- Weakness, dizziness, or fatigue
- Sweating and chills
- Changes in sleep patterns
- Changes in appetite
- Being easily startled by noises or touch
- Increased susceptibility to illness
- Increased alcohol or substance consumption

## ***Coping skills***

- Recognize your own feelings and understand feelings are a normal reaction to an abnormal situation
- Talk about the experience to trusted individuals
- Reach out to friends and family for support
- Set small, realistic goals to help tackle obstacles
- Take one day at a time and be kind to yourself
- Engage in movement, relaxation techniques, or meditation to relax and feel rejuvenated
- Structure your time and schedule breaks for yourself
- Get involved in something that is personally meaningful to you
- Give yourself time to heal
- Give someone a hug
- Plan something to look forward to
- Reach out for professional help if symptoms intensify

## ***Emergency information***

Gundersen Health System: 608-782-7300

Mayo Health Center: 608-785-0940

Trevor Lifeline (LGBTQ+): 866-488-7386

National Sexual Assault Hotline: 800-656-4673

La Crosse County Mobile Crisis: 608-784-4357

# **CONTACT US**

## ***UW La-Crosse Counseling and Testing Center***

2106 Centennial Hall

8 - 4:30pm M-F

Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:

[www.uwlax.edu/counseling-testing](http://www.uwlax.edu/counseling-testing)



***Visit our website!***

## ***Emergency Resources***

UWL Police:  
608-789-9999

City of La Crosse  
Police: 911 or 608-  
785-5962

Great Rivers 211: 211  
or 800-362-8255

Suicide and Crisis  
Lifeline: Call or text  
988