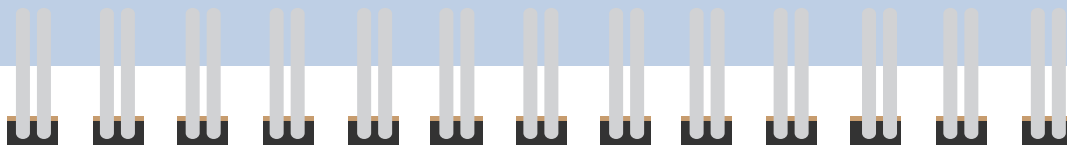




# 10 SIGNS

A PERSON MAY BE EXPERIENCING TRAUMA

**“A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events.” — MENTAL HEALTH FIRST AID**



- 1.** Shock, denial or disbelief
- 2.** Anger, irritability or mood swings
- 3.** Sadness or hopelessness
- 4.** Confusion or difficulty concentrating
- 5.** Anxiety or fear
- 6.** Withdrawal from others
- 7.** Trouble sleeping or nightmares
- 8.** Easily startled
- 9.** Fatigue
- 10.** Racing heart, aches and pains or muscle tension