

The Lifeline  
is **FREE**,  
confidential, and  
always available.

**HELP**  
a loved one,  
a friend,  
or yourself deal  
with trauma.

**Community crisis centers  
answer Lifeline calls.**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

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**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Having  
Trouble  
Coping?**

# Having Trouble Coping?

After a traumatic event, problems may come and go. It's important to know when to ask for help. Please call us if you or someone you know is experiencing any of the following problems, especially if a problem is making it hard to get through the day or is getting worse.

- ❖ Eating or sleeping too much or too little
- ❖ Pulling away from people and things
- ❖ Having low or no energy
- ❖ Feeling numb or like nothing matters
- ❖ Having unexplained aches and pains
- ❖ Feeling helpless or hopeless
- ❖ Smoking, drinking, or using drugs more than you should
- ❖ Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- ❖ Fighting with family and friends
- ❖ Unable to get rid of troubling thoughts and memories
- ❖ Thinking of hurting or killing yourself or someone else
- ❖ Unable to perform daily tasks like taking care of your kids or getting to work or school

**Call the Lifeline at 1-800-273-TALK (8255)  
(en español, 1-888-628-9454)**

**With Help Comes Hope**