



What is Trauma?

A trauma can be any distressing or upsetting event. Common traumas include accidents, disasters, or being hurt deliberately by other people. Trauma can happen to adults or children, and it may have been one incident or take place over a period of time.

Traumas are shocking events, and it is normal to feel overwhelmed. People recover at their own pace and may need help to overcome what happened.
(Psychology tools.com)

What is Grief?

"Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is take away. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, fear, and profound sadness.

The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be"
(Smith et al, 2020).

If you have difficulty managing trauma symptoms or grief, know that you do not have to manage it alone. There are community resources able to assist you during challenging times.

Trauma Resources:

- Charlestown Coalition Trauma Response Team
Phenice Zawatsky, LICSW
Phone: 1 (617) 726-0058 (9 A.M. to 5 P.M.)
After hours Trauma Line (5 P.M. to 9 P.M.): 617-643-0449
charlestowncoalition.org
- Boston Trauma Response Team
24 hour/265 Day Support Line
Phone: 1 (617) 431-0125 | jri.org

Behavioral Health Resources:

- MGH Charlestown Healthcare Center
Phone: 1(617) 724-8135 Press Options 3 for behavioral health services and state you are requesting a trauma intake
massgeneral.org/charlestown/

- New Health Charlestown-North End Waterfront Health
Provides medical, behavioral health services, dental care, eye care for adults and children.
Phone: 1 (857) 238-1100 | newhealthcenter.org

Substance Use Disorder Resource:

- Charlestown Coalition
Shannon Lundin, LSW
Phone 1 (617) 320-9058 | charlestowncoalition.org

Grief Resources:

- The Children's Room
Phone: 1 (781) 641-4741
childrensroom.org
- The Dougy Center
Provides information on grief
dougy.org
- Eluna
Grief and addiction support
elunanetwork.org
- **Hotline Numbers:**
 - Boston Emergency Response Team (BEST) Emergency Psychiatry
1(800) 981-HELP
 - Boston Area Rape Crisis Center
1 (800) 841-8371
 - Safe Link -Domestic Violence Help line (877) 785-2020
 - Child-At-Risk Hotline
1 (800) 792-5200
 - LGBT Helpline (25+) 1 617.267-9001 Toll-Free 1 (888) 340-4528
 - Samaritans Hotline- Suicide prevention and support
1 (877) 870-4673

