



## TRAUMA SERVICES FOR CHILDREN, YOUTH AND FAMILIES

Have you or your child experienced or witnessed violence, abuse or neglect? Have you or your child experienced a significant loss - such as a family member, friend or an important place?

*These can be considered traumatic life events.*

### **What are symptoms of trauma?**

It depends on the person, but can include:

- Anger or hopelessness
- Being withdrawn or feeling numb
- Trouble sleeping or eating
- Headaches or stomach aches
- Feeling “jumpy” or on edge

*Healing and recovery are possible with help and support.*

Trauma-focused services can help work through the effect that trauma can have on our mind, body and family.

**Trauma- Focused Cognitive-Based Therapy (TF-CBT)** is a family-centered therapy for children and youth (ages 3-17) and their caregivers.

It is designed to meet the needs, wishes and concerns of each family. Services are focuses on healing and recovering from trauma.

**For services, information, or  
24-Hour Crisis Help Line contact:**

1-800-241-4949

1-866-870-2599 (TTY)

<http://www.dwihn.org>

