



Early help to prevent trauma related problems

Many people experience upsetting reactions in the first days, weeks or months following an injury or trauma.

FREE, BRIEF COUNSELING SERVICES

offered as part of a research project comparing different treatment approaches to helping people who have recently experienced a trauma.

You may be **ELIGIBLE** to participate if you:

- ◆ **Are at least 18 years old**
- ◆ **Have experienced or witnessed a trauma in the past 24 months (motor vehicle accident, other accident, violent assault, sexual assault, disaster, sudden loss of loved one, or other trauma)**
- ◆ **Have experienced any of the following reactions:**
 - **Distressing thoughts, memories or dreams**
 - **Anxiety**
 - **Difficulty sleeping**
 - **Physical reactions (nausea, racing heart) or emotional distress**

**Trauma-Related Counseling • First-Aid Care • Caring Practitioners
• Referral Services • Phone-Based Counseling**