

## Dealing with the effects of trauma: A self-help guide

Date: 2002(For resources, this is the publication date. For programs, this is the date posted.)



### Information

Type: Brochure/Booklet

Author: Copeland ME

Publisher: Substance Abuse and Mental Health Services Administration (SAMHSA)

### See This Resource

[Dealing with trauma guide](#) [1]

Geared toward mental health consumers, this document offers guidance on coping with the mental health effects of trauma and taking charge of one's own recovery. It discusses the process of seeking help from a professional care provider, and lists daily and long-range activities to feel better.

Settings: Behavioral Health Care, Outpatient Mental Health  
About Suicide: Behavioral Health Disorders, Post-Traumatic Stress Disorder (PTSD)  
Strategies: Effective Care/Treatment, Treatment

### Links within this resource

[1] <http://store.samhsa.gov/product/Dealing-with-the-Effects-of-Trauma-A-Self-Help-Guide/SMA-3717>

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# Suicide Prevention Resource Center

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