



## Why is working through trauma important?

Martha grew up in a small community and had many wonderful experiences. However, when she was younger, she was in a boating accident and almost drowned. She thinks about this incident often and it makes her feel anxious, but she doesn't feel comfortable talking about it with family. After talking to her provider that she had known for years and trusted, she was encouraged to meet with a Behavioral Health Consultant who helped her learn to cope. Martha realized she was not alone and finally felt safe sharing what she had gone through. Learning to cope with trauma helps you to heal and move forward in life.

## What can you look for?

- Memories that continue to come back when you don't want to think about it
- Feeling as if you are reliving the event
- Having nightmares of the event
- Feeling jumpy or anxious
- Feeling scared when something reminds you of the past event

A traumatic event can be any event that causes harm to your body, mind, or heart. It can be either be something you experienced or saw happen to others.

## Questions to ask yourself:

- Is there something that you struggle with in your past that you often think or worry about?
- Do you try to avoid thinking about it?
- Are you having a difficult time dealing with a harmful event?
- Does the harmful event from your past continue to impact you?





## What can you do?

- Stay connected with family or friends
- Practice self-care
- Maintain a healthy diet
- Know that the trauma experienced was not your fault and not because of you or your self-worth.
- Remember that healing is a journey and there are always resources and support available

## Where can you find support?

- **Behavioral Health** can provide long-term therapy
- **Behavioral Health Consultants** can develop a plan with you to process your thoughts and feelings, support your journey to healing, and finding coping skills.
- **Learning Circles** can provide education and support to manage stress
- Your **Primary Care Team** can assist with finding the right medications for addressing symptoms of anxiety or nightmares.
- **Traditional Healing** can provide support and care

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- Behavioral Health
- Family Wellness Warriors
- Learning Circles
- Primary Care
  - Behavioral Health Consultant
  - Community Resource Specialist
  - Integrated Psychiatrist

- Traditional Healing

## Community Resources

- Aleutian Priviloff  
Island Association  
Behavioral Health
- Providence Behavioral  
Health

