



VICTIM AND WITNESS REACTIONS TO TRAUMA

Experiencing or witnessing trauma can be overwhelming. Trauma affects people differently and reactions may change over time. These responses are **normal**, and for most people they **lessen with support and time**. If reactions feel unmanageable or last longer than expected, professional help can make a real difference. Many of these reactions lessen over time. Support from trusted people and professionals can help move you forward at your own pace.

Common Emotional & Psychological Reactions:

- Shock, disbelief, or emotional numbness
- Anxiety, panic, hypervigilance, or an exaggerated startle response
- Feeling unsafe or a loss of security
- Loss of interest in activities once enjoyed
- Withdrawal from family and friends
- Anger, irritability, or increased conflict
- Self-blame (“If only I had”)
- Feeling emotions are out of control (e.g. frequent crying)
- Difficulty concentrating
- Deep sadness or depression

Sleep, Appetite, & Physical Responses:

- Nightmares or trouble falling or staying asleep
- Sleeping more or less than usual
- Changes in appetite
- Physical symptoms such as headaches, stomach pain, muscle tension, or nausea
- Regression to earlier coping behaviors (e.g., sleeping with lights on)

Consider Reaching Out for Extra Help If Reactions:

- Interfere with daily life or relationships
- Do not improve over time
- Feel overwhelming or frightening

Immediate Support and Local Resources:

Colorado Crisis Services

844-493-TALK (8255)

Text TALK to 38255



A COMMUNITY ORGANIZATION FOR VICTIM ASSISTANCE

**If you need resources in
feel free to email**

Pueblo County, please

ACOVA@pueblocounty.us or 719.583.6434 or 719.553.2460 during normal business hours.