



# healing hurt people philadelphia

Healing Hurt People is a program for people ages 8-35 who are survivors or witnesses of violent injury. We understand that violence takes a toll on people and we provide support for people as they recover. We help people and families heal from trauma, stay safe, and plan the futures they want for themselves.

# What can happen to people after a violent injury?

Violence affects how people feel and act. Violence affects relationships. We believe that people injured by violence should have support for their emotional recovery just like the care they receive for their physical recovery.

You or members of your family might:

- Feel like no one understands what you're going through
- Be on edge or jumpy
- Feel paranoid, like you have to watch your back, or people are out to get you
- Not know who to trust
- Worry about your safety
- Feel hopeless, sad or down
- Want to avoid everyday tasks or places, like school or work
- Want to get back at someone
- Have flashbacks or think about what happened when you don't want to
- Have nightmares or trouble sleeping
- Get annoyed or angry at people you care about

Healing Hurt People supports people dealing with these and other normal reactions.

## How does Healing Hurt People work?

**Healing Hurt People is a program for people age 8-35 who have survived or witnessed a violent injury (such as shooting, stabbing or assault).** Please call us with questions or to let us know you are interested in services. A member of our team will speak with you to see if the program meets your needs. If the program is a good fit, we can support you with things like:

- Connection to medical care, benefits, housing or legal help
- Trauma counseling, in the home, community or our office
- A group where you can meet people who've been through similar situations
- Education or job services
- Peer support



For more information call the Healing Hurt People team at 215-762-1370.