

The Impact of Trauma

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For Further information on trauma and trauma informed care

- Allen, Jon G. *Coping with Trauma: A Guide to Self-Understanding*. Washington, DC: American Psychiatric Press, 1999.
- Herman, M.D., Judith. *Trauma and Recovery*. New York: Basic Books, 1997.
- Levine, Peter A. *Waking the Tiger: Healing Trauma*. Berkeley: North Atlantic Books, 1997.
- Van der Kolk, Bessel, Alexander McFarlane and Lars Weisaeth, eds. *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. New York: Guilford Press, 1999.
- Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Penguin, 2015.
- www.BrainFacts.Org: This is the most reliable, accurate, and accessible resource for anyone interested in the brain.
- National Center for PTSD: www.ptsd.va.gov
- SAMSHA Concept of Trauma and Guidance for a Trauma Informed Approach, July 2014 <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>
- Trauma Informed Care- The National Child Traumatic Stress Network, www.nctsn.org

Suicide Crisis Resources

- National Suicide Hotline: Call 988
- Suicide & Crisis Center of North Texas: <https://www.sccenter.org/>

Sexual Assault Resources

- Dallas Area Rape Crisis Center: 972-641-7273
- National Sexual Assault Hotline: 800-656-4673 or <https://hotline.rainn.org/online> (chat)
- Victim Intervention Program (VIP) through Parkland Hospital: 214-590-0430

Domestic/Partner Violence Resources

- National Domestic Violence Hotline: 800-799-7233 or <https://www.thehotline.org/what-to-expect-when-you-contact-us/#> (chat)
- Genesis Women's Shelter: 214-946-4358
- The Family Place: 214-941-1991

Stalking

- Victim Connect: call or text 855-484-2846 or <https://victimconnect.org/get-help/victimconnect-chat/> (chat)
- SPARC- Stalking Prevention, Awareness, & Resource Center- stalkingawareness.org
- National Center for Victims of Crime: victimsofcrime.org