

Why do you think I need help?

You might not, but studies show that many people who've been through tough times like you have will be able to adjust better with support. Just like your doctors treated your physical injury, it can be helpful to address emotional injuries as well.

How do I get started?

The first step is really just a conversation with a member of our team. If you'd like to connect with someone you can trust and who can provide support in the months after your injury, you can reach Healing Hurt People by calling 215.427.8474.

We know you're a survivor and resilient, but everyone deserves support.

[215.427.8474](tel:215.427.8474)

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**ST. CHRISTOPHER'S
HOSPITAL FOR CHILDREN**

Healing Hurt People™ is a hospital-based violence intervention program (HBVIP) at St. Christopher's Hospital for Children, based out of the Center for Nonviolence and Social Justice and a collaboration between the Drexel University College of Medicine and School of Public Health.

HHP is supported by:



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You've been
through a lot.
We can help.



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What can happen to people after a violent injury?

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 like 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 and 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

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

What is Healing Hurt People?

Healing Hurt People is a program for people ages 8–30 and families who've been injured by violence. 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.

Violence affects how people feel and act. It 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.

How does Healing Hurt People work?

A member of our team will meet with you to get to know you. We want to understand you and your family and to work with you to figure out what will be most helpful. Then, we can get you connected to things that will support your recovery like:

- Someone who can help you talk through things
- Basic needs like medical follow-up, connection to after school activities, supportive services, or legal help if you need it
- Groups where you can meet people who've been through similar situations
- Education — getting back to your school or finding a new one
- Job services

