| **rEcognize**, **respond**, **reach out**  *NOTHING IS IMPOSIBLE*  *the WORD ITSELF SAYS*  *I’M POSSIBLE*  *-Audrey Hepburn*  Being a victim of a crime or witnessing a criminal or violent event affects everyone differently. It’s not uncommon for those who have been impacted by crime to experience some emotional or physical reactions. | | | |
| --- | --- | --- | --- |
| **You may feel:**   * anxious or fearful * overwhelmed * angry * guilty * disconnected * numb | **You may have:**   * stomachaches * diarrhea * headaches or other pains * no appetite * the sweats or have chills | | **You May Have Problems:**   * remembering * thinking clearly * feeling confused * worrying a lot * making decisions * talking about what happened |
| **You may have behavioral changes** | | | |
| * difficulty sleeping * sleeping all the time * decrease in energy level * isolating yourself | | * abusing alcohol or drugs * having outbursts of anger * not wanting others help * feeling sad or crying frequently | |
| **when your stress is getting the best of you:**  Talk with Others • Exercise or Meditate • Listen to Music • Take a Walk  Practice Controlled Breathing • Read a Book  Do What Makes **YOU** Feel Good | | | |
| If these emotional or physical reactions continue for an extended period of time and begin to impact your daily activities, the resources below may help:  **Fairfax County Community Services Board |** (703) 383-8500 | [www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)  **Neighborhood and Community Services |** (703) 222-0880 | [www.fairfaxcounty.gov/hsrg](http://www.fairfaxcounty.gov/hsrg)  **Gang Prevention** | 1-866-914-GANG | [www.fairfaxcounty.gov/gangprevention/](http://www.fairfaxcounty.gov/gangprevention/)  **Fairfax County Schools Student Safety and Wellness Office**  (571)-423-4270 | [www.fcps.edu/resources/student-safety-and-wellness](http://www.fcps.edu/resources/student-safety-and-wellness)  FAIRFAX COUNTY JUVENILE AND DOMESTIC RELATIONS DISTRICT COURT  **VICTIM SERVICES OFFICE** | (703) 246-3525 | | | |

*I am not what happened to me,*

*I am what I choose to become.*

-Carl Gustav Jung