



# kids and trauma

## Help Your Child Stay Mentally Well

If your child has been through a trauma, it can affect their physical and mental health now and later on. There's a lot you can do to help them cope in a healthy way.

For a child, an event is traumatic if it threatens them or someone they depend on. Some common causes are neglect, exposure to acts of violence, and physical, mental or sexual abuse. But trauma can also include the loss of a loved one, divorce, an accident or illness, or a natural disaster. After trauma, your child can recover and thrive. We're right here to help.



### CALL ON US

Your member care team can help you find the right care and work with your doctor.

Monday–Friday,  
8 a.m. to 6 p.m. ET

BlueCare **1-800-468-9698**  
TennCareSelect **1-800-263-5479**  
SelectKids **1-888-422-2963**

TRS: **711** ask for **888-418-0008**

[bluecare.bcbst.com](http://bluecare.bcbst.com)



## How Do Children React to Trauma?

To a young person who's been traumatized, the world can be a scary place. They may react to ordinary events in unexpected ways.

Fighting, running away or hiding may have helped them survive day to day. It's tough for them to change.

They're at risk for depression, anxiety, substance use disorders, and other mental and physical health issues. But help is available.

### Signs your child needs help include:

- › Tantrums, picking fights, arguing or refusing to follow rules
- › Falling back on old childhood behaviors like baby talk or toileting problems, or losing developmental gains
- › Nightmares or flashbacks
- › Trouble learning or going to school
- › Reckless or dangerous behavior
- › Withdrawn or staying to themselves
- › Sleep and appetite changes
- › Physical reactions like fast heartbeat, shallow breathing or unexplained aches and pains



### FOSTER PARENTS

The children or teens in your care have often been through some kind of trauma. We can help you find the right help for them.

Please call our  
*SelectKids* Team,  
**1-888-422-2963**

Monday-Friday,  
8 a.m. to 6 p.m. ET.

## How Can You Help Your Child?

Start with the care of a behavioral health provider. It's included in your child's benefits, and you don't need a referral.

- › To find a provider, visit [bluecare.bcbst.com/findcare](https://bluecare.bcbst.com/findcare)
- › Or call us at the numbers on the cover of this booklet

Treatment may include counseling. Any medicine given should be taken as prescribed.

### Tips for parenting after trauma:

- › Learn what triggers negative reactions and avoid if you can
- › Stick to a routine to help your child feel secure
- › Listen and don't try to tell them how they should feel
- › Encourage them to express their feelings through writing, drawing, music or another creative outlet
- › Assure them you're there for them, even if they try to shut you out
- › Avoid physical discipline
- › Consider counseling and/or joining a support group



### WHERE TO GET HELP IN A CRISIS

Call **911**

Suicide & Crisis Lifeline **988**

Child Abuse Hotline **1-877-237-0004**

Mental Health Crisis Hotline **1-855-274-7471**

Tennessee Suicide Prevention Network **1-615-297-1077**

Domestic Violence Hotline (Tennessee) **1-800-356-6767**



Do you need help with your health care, talking with us, or reading what we send you? If so, call us for free at:

BlueCare **1-800-468-9698**

TennCareSelect **1-800-263-5479**

(TRS: **711** ask for **888-418-0008**)



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TennCareSelect

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Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare **1-800-468-9698**, TennCareSelect **1-800-263-5479**, (TRS: **711: 1-888-418-0008**).

یەدروک :Kurdish

ئەگەر بە کوردی سۆرانی قسە دەکەن، خزمەتگوزارییەکانی وەرگیران بەخۆراییی دەخرێتە بەر دەستتان. پەیوەندی بکەن بە ژمارە (TRS: **711: 1-888-418-0008**) **1-800-263-5479** TennCareSelect **1-800-468-9698** BlueCare