

OUR MISSION

Trauma Support Services of North Texas' mission is to provide affordable therapy and support services for trauma survivors.

TSSNT also provides education and training for professionals, volunteers, interns and the general public who come in contact with trauma survivors as well as their families.

**“Whatever it takes
for as long as it takes.”**

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**TRAUMA
SUPPORT
SERVICES
OF NORTH TEXAS**

Therapy For Kids



WHEN SHOULD YOU GET HELP?

After something frightening happens, you or your child might feel confused, upset, jumpy or worried. Returning to school, work or even normal life may be difficult.

If troubling changes in you or your child do not go away within a few weeks or seem to be getting worse, it could be time for you to seek help!



COMMON TRAUMA SYMPTOMS IN CHILDREN

Toddlers and pre-school children:

- Going back to thumb-sucking
- Bed-wetting
- Clinging to caregivers
- Being afraid of the dark
- Wanting to sleep with parents

School-age through adolescents:

- Becoming more easily upset or angry
- Experiencing nightmares
- Having trouble getting to sleep
- Finding it difficult to pay attention
- Wanting to stay home from school
- Withdrawing from family and friends

HOW CAN TSSNT HELP YOUR FAMILY?

TSSNT uses licensed child therapists to provide **free** therapy for children and their families who may not have insurance or the ability to pay.

Our goal is to:

- Restore children's ability to enjoy life and perform well at school, home and play.
- Help children who have witnessed traumatic events even though they themselves may not have been hurt physically.
- Help you apply for Crime Victims' Compensation.
- Offer bilingual services

HOW CAN PLAY THERAPY HELP?

Small children often have trouble finding the right words to express what they think or feel, especially if the child is afraid or sad. Playing for children is like talking for adults.

Our play therapists help children play it out when they can't talk it out.

When you contact TSSNT, a licensed therapist will help you determine the best services for your child or family.

- *Individual, Couple or Family Therapy*
- *Play Therapy* (bi-lingual in Spanish-ages 3 and up)
- *Child and Adolescent Trauma Grief Groups* for those whose loved one died by homicide, suicide, and other traumatic events.

