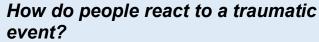


Coping with stress after a traumatic event



What is a traumatic event?

- Any sudden event that is upsetting.
- People directly involved, witnesses or loved ones may be affected.
- Examples of traumatic events include: Assault, fall, road traffic accident



Reactions are different from person to person, but may include feeling:

- Shocked and numb: Not be able to to believe or accept what has happened
- Anxious and panicky: Worry about breaking down or losing control
- Problems concentrating:
 Racing thoughts and unable to focus
- Shaky, feeling sick and tearful: Grieve the loss of someone or something/ your own safety / the future you saw yourself having
- Angry and irritable: Blaming people and conditions, either for causing the event or allowing it to happen
- Guilty: Think about what you did or didn't do, worry that you should have done















more, or feel guilty that someone else was more badly affected than you

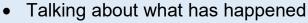
In the following days and weeks:

You might have other feelings and responses after the event. These could include:

- Feeling unsafe, vulnerable or feeling on edge
- Upsetting thoughts or flashbacks or nightmares
- Avoiding people or activities which you enjoy
- Loss of appetite; feeling sick; stomach cramps or diarrhoea; comfort eating
- Sleep difficulties
- Tension headaches

What can I do to help myself?

Some things many people find helpful:



- Spend time with people you trust
- Being gentle with yourself: give yourself time
- Self-care: get enough sleep and eat well
- Return to your usual activities







When should I get help?

If your symptoms do not improve after **4 to 6 weeks** and continue to worry you

Where do I find help?



Speak to your GP



After Trauma – A website that connects and supports survivors and families of traumatic events.

www.aftertrauma.org



Victim Support –

Provides support, guidance and advice.

Tel: 0808168911

www.victimsupport.org.uk



Assist Trauma Care

Offers telephone counselling and support to individuals and families in the aftermath of trauma.

Tel: 01788 551919

www.assisttraumacare.org.uk



Day One Trauma Support:

https://dayonetrauma.org/

Provides practical and emotional support to help manage following life changing injury. Has peer support worker scheme.

Tel: 0333 034 2107



Samaritans

Offers a 24-hour helpline for those in crisis throughout the UK.

Tel: 0808 808 1677 www.samaritans.org.uk



