



Coping with stress after a traumatic event

	<p><i>What is a traumatic event?</i></p> <ul style="list-style-type: none"> 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
	<p><i>How do people react to a traumatic event?</i></p> <p>Reactions are different from person to person, but may include feeling:</p> <ul style="list-style-type: none"> ❖ Shocked and numb: Not be able 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

	<p>more, or feel guilty that someone else was more badly affected than you</p>
	<p><i>In the following days and weeks:</i> You might have other feelings and responses after the event. These could include:</p> <ul style="list-style-type: none"> • 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
<p><i>What can I do to help myself?</i></p>	
	<p>Some things many people find helpful:</p> <ul style="list-style-type: none"> • Talking about what has happened • 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

	<p><i>When should I get help?</i> If your symptoms do not improve after 4 to 6 weeks and continue to worry you</p>
<p>AfterTrauma</p> <p>VS VICTIM SUPPORT</p> <p>Day One Trauma Support</p> <p>SAMARITANS</p>	<p><i>Where do I find help?</i></p> <p>Speak to your GP</p> <p>After Trauma – A website that connects and supports survivors and families of traumatic events. www.aftertrauma.org</p> <p>Victim Support – Provides support, guidance and advice. Tel: 0808168911 www.victimsupport.org.uk</p> <p>Assist Trauma Care Offers telephone counselling and support to individuals and families in the aftermath of trauma. Tel: 01788 551919 www.assisttraumacare.org.uk</p> <p>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</p> <p>Samaritans Offers a 24-hour helpline for those in crisis throughout the UK. Tel: 0808 808 1677 www.samaritans.org.uk</p>