




## Recovery

It's worth stressing that most of us find that any symptoms we have been experiencing tend to reduce in intensity and frequency over the weeks after the incident. Most people recover naturally from traumatic incidents. There are some things, which seem to help in this:

-  Keep life normal, as far as possible. Continue with hobbies and interests for example.
-  Resist the temptation to increase your use of alcohol.
-  Eat regular meals and get your normal amount of sleep

Do drive with greater care, your concentration may be impaired.








Do be more careful – accidents are more likely to happen at this time

### When You Need Help

If these symptoms persist for more than a month and are affecting your life, at home or at work, you may need to seek further help, please contact Red Poppy for further information. Please show this information sheet to immediate friends and family.

## Critical Incident Service

In the event of a Critical Incident Red Poppy Company can provide your organisation with the following services

-  A nationwide service
-  Immediate telephone consultation and support
-  Telephone help line to support staff and managers
-  Provision of a trained and experienced Critical Incident Responder(s) to attend on site.
-  Post Incident Support
-  Specialist counselling & treatment for psychological trauma and Post Traumatic Stress Disorder (PTSD)
-  Out of Hours Service

**the Red Poppy Company**

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## COPING

### *After A Traumatic Event*











## CRITICAL INCIDENT SERVICES

Tel 0845 2011334

# What is a Critical Incident?

Trauma can (and does) happen to anyone of us at any time. Simply explained it is a normal reaction to a frightening or threatening experience. Traumatic events, which are termed Critical Incidents (CI), include for example

-  Accident or Incident at Work
-  Fire, Road, Plane or Rail Crash
-  Violence, assaults, rape
-  Workplace Bullying including physical and verbal assaults
-  Any life threatening experience, sudden death, suicide, serious accident
-  If you have experienced or witnessed a traumatic event it is important to remember: -
-  Severe or difficult feelings are a normal response to trauma
-  It is not your fault

This information sheet will provide you with the right information, to enable you and immediate friends and family to recognise when your reactions are no longer normal and healthy, suggesting to you that you may need further help.

# Normal Responses

**Sadness:** This is common and normal especially if someone has died or been injured.

**Powerlessness:** Traumatic events can make us aware that events in life are sometimes beyond our control, you may feel helpless because you could not do anything to prevent the incident. You may feel no longer in control of your life or your emotions.

**Guilt and Relief:** You may feel guilty because of things you did and did not do, or because you were not directly harmed. You may feel relieved and guilty at the same time.

**Fear:** You may find that you develop fears about everyday things that you once took for granted, such as leaving your home, or parting from your loved ones. You may fear that the incident may happen again.

**Anger:** You may feel anger towards the people you or the organisation see as responsible for the incident or at the injustice or pointlessness of the incident. Your anger may be directed at those around you, you may feel angry about unrelated minor things.

# Symptoms

-  Flashbacks and nightmares of the incident
-  You may withdraw from friends and family, you may not wish to go out
-  Loss of concentration, loss of sense of humour, loss of pleasure in activities
-  Mood swings, aggression and irritability even violent outbursts
-  Tiredness or exhaustion, disturbed sleep, anxiety and restlessness, excessive “jumpiness”
-  Increased use of alcohol or other drugs to cope
-  Difficulties in coping, tearful, even suicidal feelings