



When to seek further help

We all have natural ways of coping when something terrible happens but sometimes we may need specialised help.

If, after 4–6 weeks, you are experiencing any of the difficulties below, do seek help.

- If you feel you cannot handle the intensity of your feelings or reactions.
- If your normal ways of coping are not working for you .
- If you do not seem to be moving on with your life as soon as you would have expected.
- If there is no one you can talk to about how you are feeling.

Some do's and don'ts

- ✓ Do take time out to sleep, rest, think and be with those people who are important to you
- ✓ Do allow yourself to be part of a group of people who care
- ✓ Do share what your needs are as clearly and honestly as you can with those you trust
- ✗ Don't bottle up feelings
- ✗ Don't avoid talking about what has happened
- ✗ Don't expect the memories and pain to go away quickly



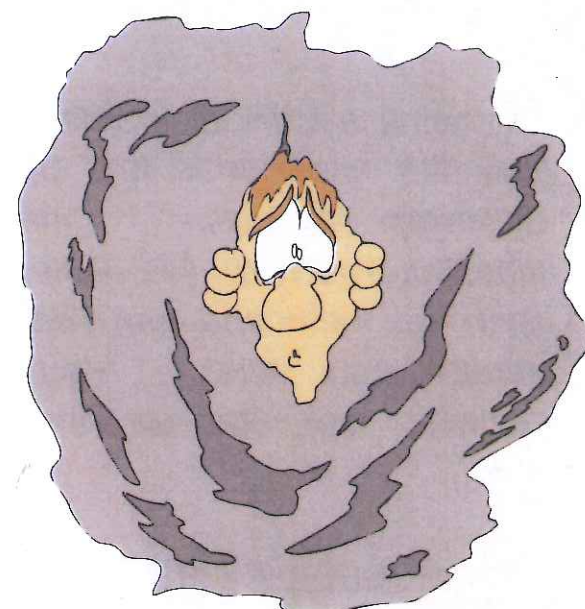
If you or someone you know is in distress or despair call the following 24/7 free and confidential helpline:

Lifeline—0808 808 8000

Produced by the EA Critical Incident Response Team

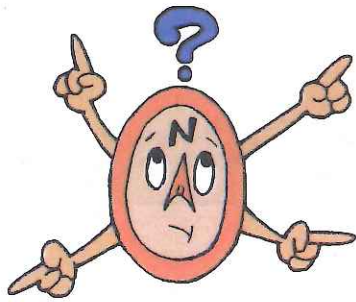


Coping at this sad and difficult time



Some information which may help

What you may expect!



Following a critical incident you may experience lots of different feelings. One moment you may feel fine, then the next you may feel worse than ever. Your feelings may go up and down.

What you are feeling is a normal reaction!

You may also feel tired, lack concentration, be unable to sleep and experience other physical symptoms, such as nausea, headaches, feeling cold and loss of appetite.

Feelings and emotions you may experience include:

- Shock:** disbelief, denial at what has happened
- Sadness:** for deaths, injuries and losses
- Anger:** at what has happened, why it happened and the unfairness of it
- Fear:** of possible hurt or danger to yourself and those you love
- Memories:** of what happened, of other losses in your life
- Blame and Guilt:** towards self and others "if only...."
- Despair:** no point in anything any more
- Feeling 'frozen':** not feeling anything at all
- Anxiety:** fear about what will happen in the future
- Avoidance:** keeping busy, reluctant to talk about what happened

These are some things that might help you!

- Try a relaxation activity such as deep breathing
- Take some exercise
- Listen to music
- Take part in an activity with friends/family
- Identify your support network eg friends, family, school, community
- Talk to someone you trust
- Contact other support services

Add in any others that might help!

-
-
-

HELP!