



TRAUMA RESPONSE

Our response to trauma

Shocking incidents can involve large numbers of us or can equally just affect ourselves. Sometimes we don't have to be in the critical incident zone to be impacted. With live news feeds and immediate graphic images on our screens, the cumulative effect of trauma exposure can affect us all.

How it feels

It's common to feel shocked, numb and a sense of denial. People react differently and take different amounts of time to come to terms with what has happened. You may be surprised by the strength of your feelings and this can also affect your sleep, appetite or concentration.

Ask for support

Ask your friends and family for support. It can be a relief to talk about what happened.

Take time for you

That time you may want to be alone or with those close to you.

Take care

After a trauma, people are more likely to have accidents. Be careful around the home and when you are driving.

Get into a routine

Try to eat regularly; taking some exercise can help – but start gently.

Give yourself time

It can take time – weeks or months – to accept what has happened and to learn to live it.

Ask for help

If you would like to talk to a counsellor about what has happened to you, call us 24 hours a day, 265 days a year.

For counselling and advice, call free:

0800 328 1437

If abroad: +44 (0) 1482 661 814

Or visit us online:

employeeassistance.org.uk



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