

Looking after yourself after a traumatic event

Traumatic events are shocking and emotionally overwhelming. After any traumatic incident, it is normal to feel frightened, horrified, helpless, sad, angry, irritable, and confused. You may also have nightmares or upsetting thoughts and images of the events, or you may struggle to sleep. These feelings are normal and may continue for a few weeks.



Mental Wellbeing

Taking care of your mental health is as important as taking care of your physical health. According to **Mind**, mental health problems affect around one in four people in any given year.

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

Call them on - **0800 028 1708**

How to cope

- Be patient with yourself—it will take time to process what has happened
- Try to keep your usual routines
- Spend time with supportive family and friends who make you feel safe
- Look after your physical health - exercise regularly, try and get enough sleep, eat, and drink healthily and avoid alcohol
- Self-care - do things you enjoy
- Talk to someone when you feel ready, this may be a friend, a colleague, a family member, your GP or health professional

If you are struggling, someone is there to listen, you just need to call:

Samaritans - 116 123

MacMillan Cancer Support - 0808 808 0000

Drinkline - 0300 123 1110

CRUSE Bereavement helpline - 0808 808 1677

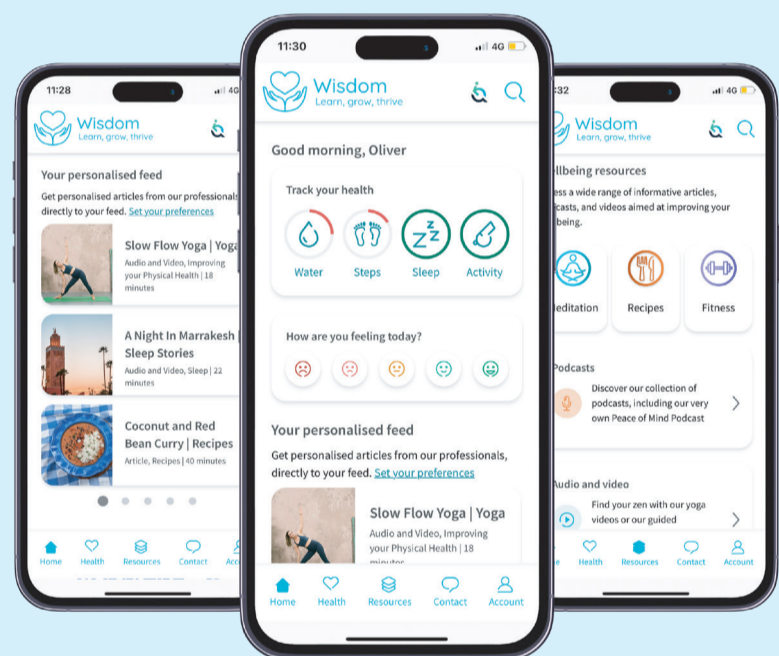
National Gambling Helpline - 0808 8020 133

National Rape Crisis - 0808 802 9999

Shelter - 0808 800 4444

Childline - 0800 1111

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