

Supporting family and friends

There is no right or wrong way to feel after trauma, so it is important not to tell a person how they should feel. They need to process what happened.

- Allow them space to recover in their own way and time.
- Encourage them to talk, if they are ready to.
- Listen without judgement and avoid saying things like, 'It's time to move on' or 'It could have been worse'.
- If they are withdrawing, encourage them to do things with you (e.g. watch a movie or go for a walk).
- Remind them it can be helpful to speak with a professional counsellor who will understand the nature of their reactions and assist them with their recovery.
- Providing support for others can be draining, remember to take time for yourself too.

Let's have a conversation about how we can best support you.

For more information about Newport & Wildman and our services, reach out to us on:

1800 650 204

or visit our website:

newportwildman.com.au



Download the AccessMyEAP app for more wellbeing resources.



NW-B-TR-EV-0424-1

After a traumatic event



Trauma is when we experience very stressful, frightening or distressing events that are difficult to cope with or out of our control. It could be a one-off incident, or an ongoing situation that happens over a long period of time.

After a traumatic event, it is normal to experience a range of intense and sometimes confusing responses.

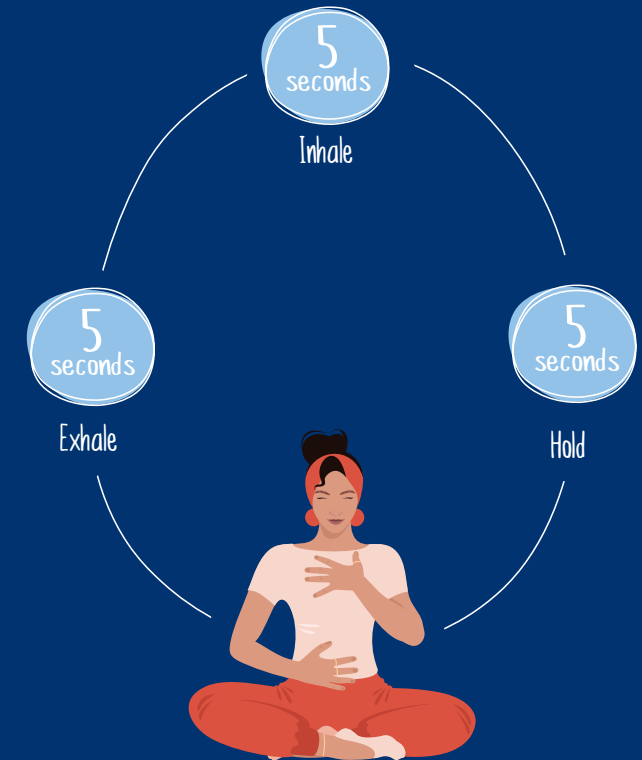
Some examples of what you may experience after trauma include:

- Anxiety
- Sadness
- Regret
- Anger
- Relief
- Numbness
- Fears about safety
- Nightmares
- Mood swings
- Flashbacks
- Loss of trust
- Feeling isolated

Supporting yourself

Traumatic events impact people in different ways. You may find it difficult to concentrate, sleep or, you may feel overwhelmed.

- Keep in regular contact with your friends and family.
- Acknowledge your feelings and share them with those you trust.
- Eat regular, healthy meals.
- Keep up physical exercise.
- Rather than trying to keep busy, dedicate some time to doing something healthy that helps to relax you.
- Use breathing and relaxation techniques like the one shown.
- Avoid dwelling on negative thoughts, as much as possible.



Reaching out for support is a courageous first step toward healing and not a sign of weakness. Counselling can significantly help the recovery from a traumatic event.

Contact us to schedule a confidential session with caring professionals, who will listen without judgement, offer information, support you and assist with strategies to cope with the negative impact of the event.



1800 650 204
newportwildman.com.au