

## 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 AccessEAP and our services, reach out to us on:

**1800 818 728**

or visit our website:  
**[accesseap.com.au](https://www.accesseap.com.au)**



**Download the AccessMyEAP app for more wellbeing resources.**



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## 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.

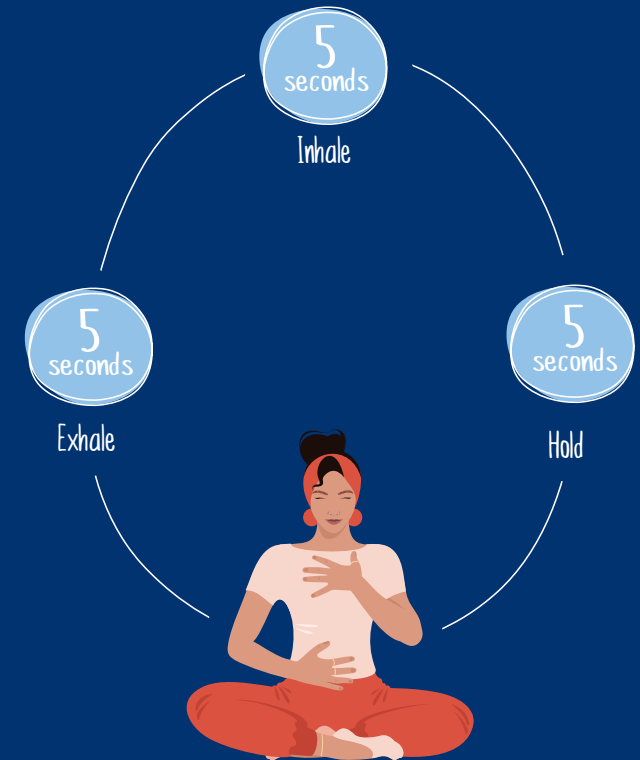
Some examples of what you may experience after trauma include:

- 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.



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