

What not to do

For many reasons, people can feel tempted to keep their feelings to themselves or bottle things up, but this can be unhelpful in the longer-term. Try to find someone supportive that you trust to share these feelings with' (family members, friends, teachers). It can be useful to distract yourself and keep busy when things feel distressing, but try not to overburden yourself with activities. Take some time to look after yourself and nurture yourself' It is not advisable to use drugs or alcohol as a way to cope as this can make symptoms worse.

How to Get Help

You can speak to your GP or School Nurse about the best options for getting support. These may include your local emotional wellbeing team or Child & Adolescent Mental Health Service (CAMHS), Some charities also offer specialist support. After a referral you may be offered an initial appointment to discuss your circumstances and decide whether therapeutic support would be beneficial. The type of therapy offered will vary depending on your individual needs.

Safeguarding

All children have the right to be safe from abuse and neglect. If we hear that a child is at risk of harm we will work to ensure they are safe. Anyone can contact the numbers



07973563511



info@drruss.co.uk



drruss.co.uk



Trauma



drruss.co.uk

*A Guide for
Parents
and Young People*

What is Psychological Trauma?

A psychological trauma can occur when you have experienced either a single event or long lasting or repeated events that are so overwhelming, it affects your ability to cope or make sense of what happened. You can experience trauma even if the events happened to someone else.

Examples of traumatic events include:

- Serious accidents
- Loss and grief issues
- Being told you have a life threatening (terminal) illness
- Physical, emotional or sexual abuse
- Neglect
- Natural or man made disasters
- Being taken hostage
- Bullying

Everyone has different ways of responding to events. In other words, what one individual finds traumatic after another person may not find

How You May React

Typical reactions that you may feel after a traumatic event include:

- Constantly thinking about the event.
- Images of the events keep coming into your mind (known as flashbacks).
- Difficulty sleeping and/or nightmares.
- Changes in how you feel emotionally, ie. Frightened, depressed, anxious, angry.
- Avoiding certain situations that remind you of the event.
- Feeling numb, stunned, shocked or dazed and have difficulties connecting with life around you.
- Denial that the event actually happened.
- Concentration and memory problems.

How You May Feel

You may feel a wide range of emotions, including:

Angry – in relation to what happened to you and with the person who was responsible.

Guilty – that you think you could or should have done something to prevent what happened (that you feel you were to blame), or that you survived when others suffered or died.

Frightened – that the same event may happen again or that you feel you are unable to cope with your feelings that you are not in control of what is going on in your life.

Helpless – that you were unable to do something about what happened.

Sad – that the trauma happened or that someone was injured or killed, especially if you knew them.

Ashamed or Embarrassed – by what had happened and that you feel you cannot tell anyone about it.

It is very common to experience distress, feel and behave differently following a traumatic event. In most cases, the emotional reactions get better over the days and weeks that follow a trauma.

However, in some cases the effects of a trauma can be longer lasting and continue for months and even years after the event. Receiving the appropriate type of support can help you come to terms with the traumatic experience so that it does not continue to affect you for the rest of your life.

What You Can Do

- At the beginning it is a good idea to allow yourself time to adjust and come to terms with what has happened. You may need to grieve for someone you have lost and process what has happened to you.
- It can help to find out more details of what happened and where relevant, to talk through the event with other survivors and discuss the feelings you have.
- Talking through the event with a supportive family member or friend at your own pace can be beneficial.
- Try and get back into a routine with your sleep and eating.



If you identify particular times in the day that are more distressing, it could help to try and distract yourself at these times. Ideas include:

- Talking or telephoning someone
- Watching TV or being on a computer
- Doing exercise
- Playing a game or doing a hobby
- Write down what you are thinking or feeling.

You don't have to suffer in silence.