

If you have experienced a traumatic event, community support and services can be identified and accessed by calling:

**MENTAL HEALTH & ADDICTION SERVICES**

Port aux Basques 695-4619 ext 629

Burgeo 886-2185

Stephenville 643-8740

Corner Brook 634-4506

Deer Lake 635-7830

Bonne Bay/Norris Point 458-2381 ext 266

Port Saunders 861-9125

Please note: This service is not a 24/7 crisis response service.

Office hours are Monday – Friday, 8:30am - 4:30pm.

If you call after business hours, please leave a message and your call will be returned as soon as possible.

**MENTAL HEALTH CRISIS LINE**

**24 HOUR SERVICE**

**1-888-737-4668**

**CORNER BROOK /**

**BAY OF ISLANDS**

**COMMUNITY TRAUMA RESPONSE TEAM**

Our Team includes representatives from different Community and Government Agencies.

Our Goal is to help people and communities cope with tragedies and their effects.



**HAVE YOU EXPERIENCED A TRAUMATIC EVENT?**



# What is a Traumatic Event?

Any event that causes you to experience unusually strong emotional reactions that might get in the way of your ability to return to daily activities.

Some examples include:

- An actual or perceived threat to your life
- Severe physical harm or injury
- Witnessing a death or serious injury
- Accidentally causing harm to another

It is very normal for people to have aftershocks when they have gone through a horrible event.

People can have many different reactions. Some of the common reactions include:

## Physical:

- Chills
- Thirst
- Nausea (Stomach Sickness)
- Dizziness
- Weakness
- Headaches
- Fast Heart Beat
- Trouble Breathing

## Emotional:

- Fear
- Guilt
- Anxiety
- Depression
- Anger
- Overwhelmed
- Grief

## Cognitive:

- Confusion
- Nightmares
- Poor Concentration
- Difficulty Making Decisions
- Reoccurring Thoughts

## Behavioural:

- Pacing
- Withdrawal
- Increased Alcohol/Drug Use
- Inability to Rest
- Loss or Increase in Appetite
- Easily Startled

These signs and symptoms may last a few days, a few weeks, a few months or longer.

If you have experienced a traumatic event, the following are some

## **DO's & DON'T's:**

### DO

- Talk and spend time with others
- Try to maintain a normal daily routine
- Keep a journal – writing your feelings can help
- Eat well-balanced and regular meals
- Get plenty of rest
- Expect the incident to affect you

### DON'T

- Numb the pain with over use of alcohol and/or drugs
- Bottle up your feelings
- Avoid talking about what happened
- Isolate yourself
- Make major life changing decisions