

Mental wellbeing advice

Following traumatic events

Common reactions to traumatic events

The following responses are normal and to be expected in the first few weeks:

- Emotional reactions such as feeling afraid, sad, horrified, helpless, overwhelmed, angry, confused, numb or disorientated
- Distressing thoughts and images that just pop into your head
- Nightmares
- Disturbed sleep or insomnia
- Feeling anxious
- Low mood

These responses are a normal part of recovery and are the mind's mechanisms of trying to make sense and come to terms with what happened. They should subside over time.

What can people do to cope?

- The most helpful way of coping with an event like this is to be with people you feel close to and normally spend time with.
- If it helps, talk to someone you feel comfortable with (friends, family, co-workers) about how you are feeling.
- Talk at your own pace and as much as you feel it's useful.
- Be willing to listen to others who may need to talk about how they feel.
- Take time to grieve and cry if you need to. Letting feelings out is helpful in the long run.
- Ask for emotional and practical support from friends, family members, your community or religious centre.
- Try to return to everyday routines and habits. They can be comforting and help you feel less out of sorts. Look after yourself: eat and sleep well, exercise and relax.
- Try to spend some time doing something that feels good and that you enjoy.
- Be understanding about yourself.

How can children be helped to cope?

- Let them know that you understand their feelings.
- Give them the opportunity to talk, if and when they want to.
- Respect their pace.
- Reassure them that they are safe.
- Keep to usual routines.
- Keep them from seeing too much of the frightening pictures of the event.

When should a person seek more help?

In the early stages, psychological professional help is not usually necessary or recommended. Many people recover naturally from these events. However, some people may need additional support to help them cope. For example, young children, people who have had other traumatic events happen to them, and people with previous mental health difficulties may be more vulnerable.

If about a month after the event anyone is still experiencing the following difficulties, it is a good idea to seek help:

- Feeling upset and fearful most of the time
- Acting very differently to before the trauma
- Not being able to work or look after the home and family
- Having deteriorating relationship difficulties

- Using drugs or drinking too much
- Feeling very jumpy
- Still not being able to stop thinking about the incidents
- Still not being able to enjoy life at all

You can access help by:

- Speaking to your local **GP**
- Accessing your local **NHS psychological therapies** service:
 - Wigan, Halton, Knowsley, Sefton ñ www.nwbh.nhs.uk
 - Warrington ñ www.warringtoniapt.org.uk
 - St Helens ñ www.lancashirecare.nhs.uk/mindsmatter
- **Young Minds Parents Helpline** – offer free, confidential online and telephone support, including information and advice to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Lines are open 9.30am to 4.00pm, Monday to Friday 0808 802 5544 (free for mobiles and landlines). YoungMinds website also has a range of support and guidance for parents who maybe worried about their child. This can be accessed at - www.youngminds.org.uk/for_parents/worried_about_your_child
- **0-19 Healthy Child Programme Universal** - Each school has a named School Nurse who works together with a wider team to deliver the Healthy Child Programme to children aged 4-19 years within the borough of Sefton. They provide public health support and intervention within school and community settings, working collaboratively with other partners including Schools, Children's Services, Specialist Nurses, Enhanced Services Team, GP's, Children's Centres, Active Sefton. Details can be found - <http://www.nwbh.nhs.uk/school-nurses-sefton>
- **0-19 Healthy Child Programme Enhanced Offer** - Is a service based in Sefton and is divided into three key areas, pre-school, school age and emotional health and wellbeing. Some of the services they provide are summarised below, please note referrals into the service need to be discussed with the School Nurse in the first instance.
 - For school-aged children and young people the service is offered to children and young people who are referred to the pupil referral unit for behavioural difficulties, children who are receiving elective home education including the gypsy/traveller population and identified young people aged 16-19 years who are not in education employment or training and have not attended school/college in Sefton.
 - Emotional health and wellbeing service will provide emotional, mental health and behaviour advice, support and intervention to children, young people and their families.
- **Sefton CAMHS Services** ñ They are here for people aged up to 18, and can help with lots of problems or worries such as if you're feeling depressed, not enjoying food, feeling panicked or scared, having trouble concentrating, or having problems with your family life. These are just some of the things we can help with, so contact us anyway if you're concern is not in that list. Sefton CAMHS do not usually accept self- referrals from young people but want to offer support to young residents of Sefton at this sad time. Please contact: 0151 293 3662. Young people can visit the website for help. <http://www.freshcamhs.org/>

- **Access Sefton** - Free NHS Treatment for anxiety, depression and other common mental health conditions. Everyone goes through difficult times, but sometimes our problems affect our day-to-day lives and we may feel that we can't cope. If you are in this situation, you're not alone.

Access Sefton is a free, confidential service, commissioned by the NHS. The service is available to anyone aged 16+ and registered with a Sefton* GP. Access Sefton talking therapies are an effective treatment for common mental health conditions, including anxiety, depression, stress, phobia, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and panic. Treatments available in Sefton include guided self-help, cognitive behavioural therapy (CBT) and counselling.

- Fill in the **online form**
 - Call us ñ 0300 303 2708
 - Email us ñ **CWP.AdminAccessSefton@nhs.net**
 - You can also ask your GP to make a referral for you
- **Samaritans** (116 123) operates a 24-hour service available every day of the year.
- **Childline** (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
- **PAPYRUS** (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.
- **Calm** (Campaign Against Living Miserably) - offering support to men in the UK, of any age, who are down or in crisis via helpline and website. The Helpline is open 5:00pmñmidnight, 365 days a year 0800 58 58 58, www.thecalmzone.net