

Managing the impact of road trauma

AFTER THE CRASH

WHEN TO GET HELP

If you're feeling very distressed or frightened following the event, or feel that you're not getting back to normal within the first couple of weeks, you may benefit from some professional help.

ADDITIONAL SUPPORT

Amber Community is a not-for-profit organisation contributing to the safety and wellbeing of road users. We provide counselling and support to people affected by road trauma, and address attitudes and behaviours of road users through education.

We offer free counselling to anyone requiring assistance as a result of road trauma. Counselling is provided face-to-face, online or by telephone.

Assistance can be sought immediately or at any time after the collision.

Notes:



**amber
community**
ROAD INCIDENT
SUPPORT & EDUCATION

1300 367 797

www.ambercommunity.org.au

Proudly supported by the TAC 1300 654 329

If you've been involved in a collision as a driver, passenger or pedestrian, witnessed or assisted at the scene of a crash, or are affected as a family member, this information is for you.

After a traumatic experience you may find it hard to cope and it may take a while to come to terms with what has happened. Immediately following the event you may experience feelings such as fear, helplessness, horror, sadness, guilt, and anger. These feelings are normal, and most people find that they become less intense after the first week or two.

You can help your own recovery by making use of the following suggestions:

Recognise that you've been through an extremely stressful event. Give yourself time and space to acknowledge what has happened.

Helping your recovery continued...

- Whilst people's intentions are to help you, it is important to ask family and friends not to push you, and that you need to deal with the incident at your own pace.
- Look after yourself.
- Spend time with people you care about. If you feel able, talk about your feelings to people who will understand.
- Recurring thoughts and dreams are normal. They will decrease in time. Try not to block them out or bottle up your feelings. Confronting the reality, bit by bit, will help you come to terms with the experience.

Helping your recovery continued...

- Reduce your intake of tea, coffee, chocolate, cola, and cigarettes. Avoid trying to numb the pain with drugs and alcohol; this can lead to more problems in the long term.
- There is no set time limit to deal with the reactions to trauma. Most people will recover well, but in some cases it may take many months.
- If you have any questions or concerns, Amber Community's counsellors can offer you a safe and supportive space to talk about what has happened.
- Seek advice from your doctor if you have health concerns.