

# Exposure to Trauma

*General information for members of the public following exposure to a distressing or traumatic incident.*

**T**raumatic events are often powerful and upsetting incidents that may disrupt your daily life.

**R**eactions can be physical and/or emotional. They are different for each person.

**A**nger, sadness, fear, shock and numbness are among common feelings that people experience.

**U**sually the intensity of the reaction subsides over a few days or weeks. If you are concerned about your reaction, if the feelings get worse or you feel that you are not “back to normal”, it is important to seek help from your medical practitioner or a mental health professional.

**M**emories of the event can also occur as intrusive thoughts or dreams/nightmares. These reactions are part of the normal recovery process.

**A**llow yourself some time to connect with people and activities that help your wellbeing.





## What are traumatic events?

These are distressing events where the safety of yourself or others may have been threatened. You may be a witness or directly involved in the event.

The experience may lead to strong reactions that affect your thoughts, feelings and behaviours.

### People that may be able to help:

**Your Doctor** who may be able to arrange additional mental health treatment or support (Medicare Rebates are available for a range of mental health treatments).

**13 HEALTH (13 43 25 84)** for 24 hour assessment, referral, advice, hospital and community health centre contact details.

**Counsellor** through your workplace or as can be arranged by your Doctor.

**Kids Help Line 1800 551 800** — Telephone and online counselling for young people aged 5 to 25.

**Lifeline 13 11 14** — 24 hour telephone Counselling service

**Black Dog Institute** — [www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

**Beyond Blue** — [www.beyondblue.org.au/](http://www.beyondblue.org.au/)

**Phoenix Australia** — [www.phoenixaustralia.org/](http://www.phoenixaustralia.org/)



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