



Road Trauma Support WA

phone: 1300 004 814

email: admin@rtswa.org.au

web: www.rtswa.org.au



Road Trauma Support WA is delivered by Injury Matters with funding from the Road Trauma Trust Account and contract management through the Road Safety Commission.

When you get help

Many people will cope with grief and trauma without needing professional assistance. However, you should seek help if you're feeling very distressed or frightened following the event, or feel that you're not getting back to normal after the first couple of weeks.

It is usually better to deal with problems sooner rather than later. See your doctor or contact RTSWA if you think you need professional help.

How we can help

Our counsellors are available to have a confidential discussion and answer any questions you may have. We provide counselling Statewide via phone, skype or face to face. We offer free counselling to anyone affected by road trauma regardless of your level of involvement.

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



MANAGING THE IMPACT



Road Trauma Support WA

If you've been affected by a road crash in any way, this information is for you.

You may have been a driver, rider, pedestrian, passenger, witness, first responder, family member or friend.

It makes no difference how you were involved. Even if you weren't at the scene, you may still feel the effects of road trauma.

After a traumatic experience, you may find it hard to cope and it could take a while to come to terms with what's happened. Immediately following the event you may experience feelings such as fear, helplessness, horror, sadness, guilt and anger.

You may also experience physical responses such as shock, trembling, crying, palpitations and sleep difficulties.

These feelings and reactions usually reduce after the first week or two.

Helping your recovery

You can help your own recovery by considering these suggestions:

- 1 Recognise that you've been through an extremely stressful event and give yourself time to adjust.
- 2 While people's intentions are to help you, it's important to ask family and friends not to push you and tell them you need to deal with the incident at your own pace.
- 3 Spend time with people you care about. If you feel able, talk about your feelings with people who understand.
- 4 Recurring thoughts and dreams are normal. They will decrease in time. Try not to block out or bottle up your feelings. Confronting the reality, bit by bit, will help you come to terms with the experience.
- 5 Try to maintain as normal a routine as possible.
- 6 Avoid trying to numb the pain with drugs and alcohol; this can lead to more problems in the long term.



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