

After a road crash.

People impacted by road trauma often experience common reactions. If you were a driver, passenger, witness or assisted at the scene of a road crash it is normal to experience a range of upsetting thoughts, feelings and reactions. These may include:

Thoughts

- Confusion
- Worrying about family and friends
- Constantly thinking about the event
- Fear of driving
- Easily distracted
- Forgetting things
- Thoughts of harming yourself or others



Emotions

- Shock
- Disbelief
- Fear
- Sadness
- Grief
- Overwhelmed
- Anxiety
- Guilt
- Anger
- Shame
- Helplessness



Common behaviours

- Avoiding:
 - driving
 - reminders of the crash
 - social activities
- Trouble functioning at work
- Relationship difficulties
- Eating more or less than usual



Physical reactions

- Trembling
- Sweating
- Dizziness
- Crying
- Rapid breathing
- Poor balance and coordination
- Fatigue
- Disrupted sleep
- Nightmares
- Fast heart rate



If symptoms are ongoing or worsen 4-6 weeks after the crash, it's best to seek professional support.

Helping your recovery:



When to seek help

After a crash, people often find the most important things for recovery are time, understanding, and support from family and friends.

If you are experiencing ongoing or distressing symptoms which are interfering with your usual life, it's best to seek help from a professional. You can get help from your doctor, a psychologist, or counsellor experienced in grief, loss and trauma.

When you're ready to talk, we're here to listen

Road Trauma Support WA provides information, support and specialised counselling for Western Australians affected by a road crash - in person, by phone or video call.

For more information or to book an appointment:



CALL

1300 004 814 (free call)



ONLINE

Email us at admin@rtswa.org.au or visit www.rtswa.org.au



OFFICE LOCATION

Level 2, 297 Vincent St, Leederville WA
Mon-Fri, 8.30am-4:30pm



Road Trauma Support WA is funded by the Road Trauma Trust Account, with contract management by the Road Safety Commission WA.



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Need immediate support?
Lifeline 13 11 14