

Post Trauma Support: Providing Psychological First Aid

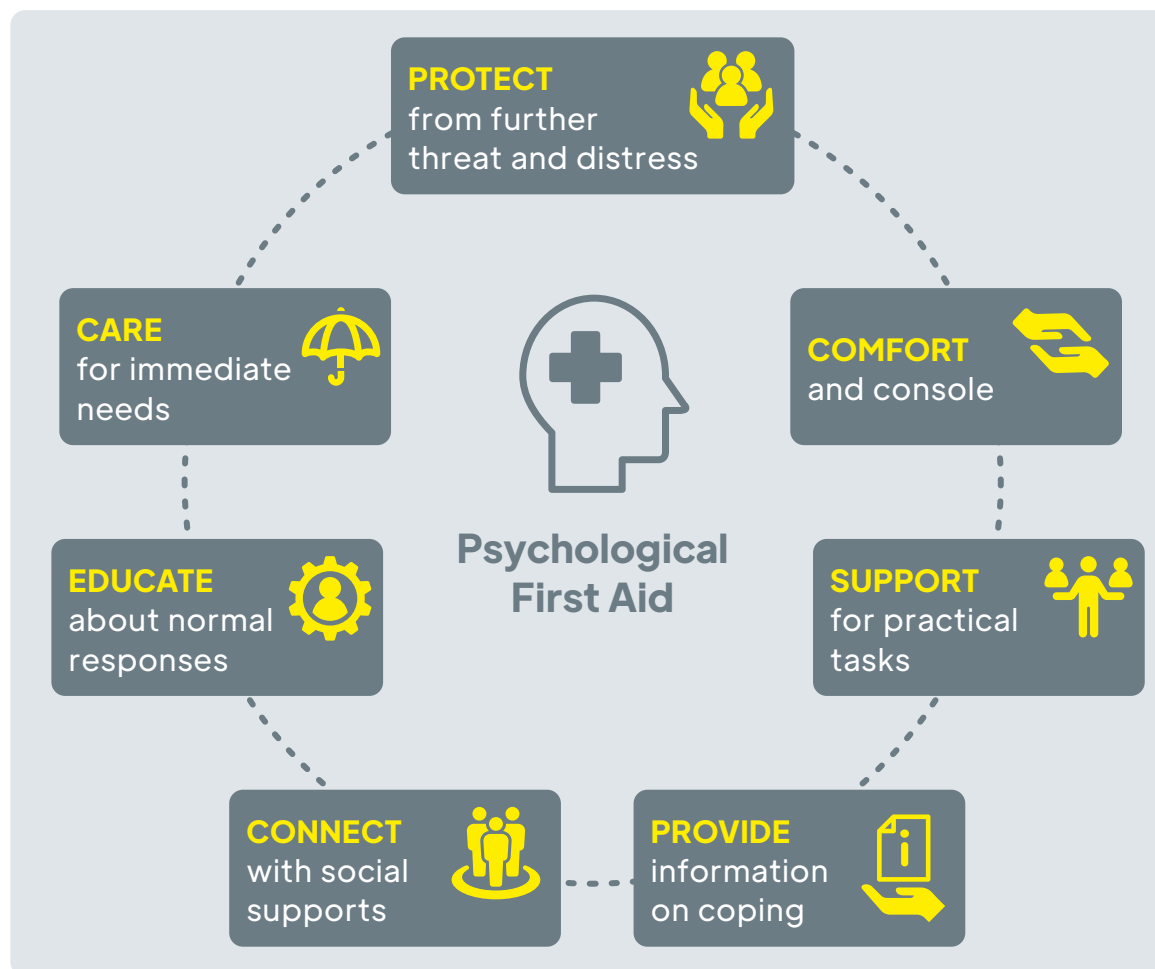


Traumatic events have the potential to threaten our sense of safety, overwhelm our emotions and disconnect us from the people and places that matter to us. **Social support** is central to recovery in the aftermath of trauma exposure.

When supporting people affected by traumatic events, remember the key principles for trauma-informed care which aim to redress the harm trauma causes:

- **Safety**
- **Trust**
- **Collaboration**
- **Choice**
- **Empowerment**

Psychological First Aid offers a flexible practical framework for supporting our colleagues and fellow citizens.



Tips on coping following trauma exposure

- ✓ Give yourself **time and space** to recover
- ✓ Try to **keep to routines** where possible
- ✓ **Be gentle with your body** – it's likely to be in alarm mode for a while
- ✓ **Trust your brain.** Allow yourself to think about what has happened so you can **process the memory**
- ✓ **Avoid avoidance** – with time you will be able to cope with reminders
- ✓ **Stay connected** – spend time with people who care and talk to them if you're able
- ✓ **Accept** that this experience will shape you and become **part of your life story**

Find out information and support at www.lifelines.scot

