

For many, this may be the first involvement with law enforcement or the judicial system. As with any situation, education and information about how the judicial system operates can assist the victim and their family in the reduction of trauma.

Our Victim Services staff is available to help you to understand law enforcements role and navigate the judicial system, provide you with emotional support, and help connect you with the appropriate community resources that would be best suited to match your needs. Many researchers have concluded that it is important to the recovery of the victim that he/she becomes positively involved with the police and prosecution.

A strong emotional response to a traumatic event is not abnormal. However, if the victim feels he/she is not healing or is still feeling overwhelmed by what happened, it may be good to at least consult with an experienced counselor who will be able to assess the severity of the symptoms, provide some feedback or suggestions and give appropriate directions. Often, your employer or health insurance carrier can assist you in identifying a counselor or mental health provider.

**Remember, involvement in a traumatic event can produce upsetting responses such as disturbed sleep, diminished appetite, and difficulty concentrating. These responses will likely subside with time.**

### **Resource and Referral Information**

#### **Child & Family Support Services**

*Support & services for individuals & families with emotional, relational, behavioral, or developmental struggles.*

(928) 775-2500

#### **National Suicide Prevention Lifeline**

*Staffed 24/7*

(800) 273-8255

#### **Northern Arizona Crisis Line**

*Staffed 24/7*

(877) 756-4090

#### **Stepping Stones**

*Staffed 24/7 for a safe place or someone to talk to*

(928) 445-4673

#### **Teen Lifeline (Teen Crisis Hotline)**

(800) 248-TEEN (8336)

#### **Veteran's Administration Hospital**

*Crisis/Suicide hotline for veterans*

(800) 273-8522 press 1

#### **West Yavapai Crisis Stabilization Unit & Guidance Clinic**

*Staffed 24/7 walk-in or phone assistance for those experiencing crisis or suicidal feelings*

8655 E. Eastridge Drive  
Prescott Valley, AZ 86314

(877) 756-4090

(928) 445-5211

#### **Yavapai County Crisis Hotline**

(877) 756-4090

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**Prescott Police Department  
Victim Services  
222 S. Marina Street  
Prescott, AZ 86303  
928-777-1988  
victimservices@prescott-az.gov**

10/10/18

# **Coping With Trauma**

**City of Prescott  
Police Department**

**Victim Services**



### **What is a Traumatic Event?**

Sometimes in life we find ourselves experiencing acute stress following a traumatic event. A traumatic event is an experience when a person sees or learns about a situation that involves actual or threatened death or serious injury of harm to oneself or others.

- Physical Attack
- Domestic Violence
- Serious Injury to Self or Others
- Witness to an Accident or Injury
- Threats of, or Act of Sexual Assault
- Told about the Unexpected Death of a Loved One
- Any Trauma where a Child is Involved

### **Post-Traumatic Stress**

Post-traumatic stress reactions are physical, emotional and mental responses that may occur in persons who have been victims of particularly threatening or disorienting events. Not all victims react in the same way or with the same intensity.

Common short and long term physical symptoms of post-traumatic stress may include:

- Nausea
- Shortness of breath
- Headaches
- Skin rashes
- Lack of energy
- Weight loss or gain
- Hyperventilation
- Disturbed sleep patterns
- Rapid pulse

### **Common Mental and Emotional Responses to Traumatic Events**

- Embarrassment
- Feelings of guilt
- Intrusive thinking
- Nightmares
- Mood swings
- Difficulty concentrating
- Forgetfulness or memory lapses
- Difficulty showing emotion
- Inability to make decisions
- Disinterest in previously valued activities
- Exaggerated startle reflex

### **How You Can Help Yourself**

There are many things you can do to cope with traumatic events such as:

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy person for support, and talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for trained help and call a local mental health center.
- Refrain from alcohol or other substances. These inhibit a healthy recovery and lengthen the time in which it will take to regain normalcy.

### **How You Can Help Your Child**

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts without making judgments.
- Return to daily routines.
- It is important as a parent you take care of yourself! Make sure you are eating regularly and in healthy ways, get exercise and sleep, and spend time outdoors in natural light.

### **How You Can Help a Family Member or Friend**

- Allow the person to talk and express their feelings.
- Be encouraging but not pushy (do not try and fix the problem).
- Offer to help; run errands, drop off meals, etc.
- Call and check on them periodically. Often persons will withdraw and will not reach out when help is needed.
- If you are concerned for a friend or loved one, contact a mental health professional or a crisis line to obtain assistance. (Resources on the reverse side)

Self-care is a critical component of the healing process when recovering from, or helping someone recover from, a traumatic event. Being mindful of physical, emotional, social, creative, and spiritual self-care will help to balance and restore a sense of normalcy and well-being. However, if things don't seem to be getting better within a reasonable amount of time, consider seeking outside resources for support.