



Coping after a traumatic event

Information for adults

Being involved in, or affected by, a traumatic event can affect how we feel mentally and physically. It is important to understand how these incidents may impact on our thoughts, feelings and behaviours, and what to do if things don't get better.

This leaflet explains how people may feel after a recent trauma, and provides information on what might help and where to go for support.



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These leaflets explain how adults and children may feel after a recent trauma, and provide information on what might help and where to go for support.

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Details

Format

6 pages, 1/3 A4

Target group

General public

Downloads

Attachment	Size
Coping After A Traumatic Event - DL leaflet 08 25 final 1.pdf	459.35 KB
Supporting A Child or Young Person After A Traumatic Event - DL leaflet 08 25 final 1.pdf	419.34 KB

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