

When To Seek Professional Help

1. If you feel that your emotions are not falling into place over a period of time, you feel tension, confusion, emptiness or exhaustion.
2. If after a month you continue to feel numb.
3. If you continue to have nightmares and poor sleep.
4. If you have no one with whom to share your feelings and you feel the need to do so.
5. If your relationships seem to be suffering badly, or if sexual problems develop.
6. If you have accidents.
7. If you continue to smoke, drink or take drugs to excess.
8. If your work performance suffers.
9. If you are worried that those around you are particularly vulnerable or are not healing satisfactorily.
10. If as a helper you are suffering exhaustion.

Do remember that you are basically the same person that you were before the acts of terrorism took place.

Do remember that gradually you will begin to feel better.

Do remember that if you suffer too much or too long, help is available.

Do not hesitate to seek Professional Help

Contact your GP directly for guidance and support.

Contact Numbers and Websites

BRITISH RED CROSS
www.redcross.org.uk

NHS
NHS24 on ~~08454 242424~~ **0845 4647**
www.nhsdirect.nhs.uk/

Coping with a Major Personal Crisis

This leaflet has been produced to help people affected by the acts of terrorism on 7th July 2005.

We hope it will also help anyone facing a major personal crisis.

Somebody you know may have died or been involved in the terrorist acts on 7th July 2005.

Your experience was a very personal one but this pamphlet will help you know how others have reacted in similar situations. It will also show how you can help normal healing occur and how to avoid some pitfalls.

Normal feelings and emotions you may experience:

FEAR

- Of damage to oneself or those we love.
- Of being left alone, of having to leave loved ones.
- Of breaking down or losing control.
- Of a similar event happening again.

HELPLESSNESS

- Crises show human weakness, as well as strength.

SADNESS

- For deaths and losses of every kind.

LONGING

- For all that has gone.

GUILT

- For being better off than others i.e. for surviving, for being alive, for still having material things.
- Regrets for things not done.

SHAME

- For having being exposed as helpless, emotional and needing others.
- For not having reacted as one would have wished.

MEMORIES

- Of feelings, of loss or of love for other people in your life who have died at other times.

ANGER

- At what has happened, at whoever caused it or allowed it to happen.
- At the injustice and senselessness of it all.
- At the shame and indignities.
- At the lack of proper understanding by others and their inefficiencies.
- Why me?

Everyone may have these feelings. Experience has shown that they may vary in intensity according to circumstances. Nature heals through allowing these feelings to come out. This will not lead to loss of control but stopping these feelings may lead to other and possibly more complicated problems.

Do remember, crying can give relief.

Physical and mental sensations:

Some common sensations are tiredness, sleeplessness, bad dreams, fuzziness of mind including loss of memory and concentration, dizziness, palpitations, shakes, difficulty with breathing, choking in the throat and chest, nausea, diarrhoea, muscular tension which may lead to pain, e.g. headaches, neck and backaches, abdominal pain/tummy ache, menstrual disorders, change in sexual interest.

NUMBNESS

Your mind may allow the misfortune to be felt only slowly. At first you may feel numb. The event may seem unreal, like a dream, something that has not really happened. People often see this wrongly as being strong or uncaring.

ACTIVITY

Helping others may give you some relief.

REALITY

Facing the reality when possible, by attending funerals and returning to the scene, will all help you to come to terms with the event. As you allow the incident more into your mind, there is a need to think about it, to talk about it, and at night to dream about it over and over again. Children play and draw the event.

SUPPORT

It can be a relief to receive other people's physical and emotional support. Sharing with others who have had similar experiences can help.

PRIVACY

In order to deal with feelings, you may find it necessary at times to be alone, or just with family and close friends

FAMILY AND SOCIAL RELATIONSHIPS

New friendships and relationships may develop. On the other hand, strains in existing relationships may occur. The good feelings in giving and receiving may be replaced by conflict. You may feel that too little or the wrong things are offered, or that you cannot give as much as is expected. Accidents are more frequent after severe stress. Alcohol and drug intake may increase due to the extra tension.

Some Dos and Don'ts

- ✗ **Don't bottle up feelings.** Do express your emotions and let children share your grief.
- ✗ **Don't avoid talking about what happened.** Do take every opportunity to review the experience.
- ✓ Do **allow yourself to be part of a group** of people who care.
- ✗ **Don't expect memories to go away** – the feelings will stay with you for a long time to come.
- ✗ Don't forget that **children experience similar feelings.**
- ✓ Do **take time out to sleep, rest, think** and be with those important to you.
- ✓ Do **express your needs** clearly and honestly.
- ✓ Do try to **keep your life as normal as possible** after the acute grief.
- ✓ Do **let children talk** about their emotions and express themselves in games and drawings.
- ✓ Do **send children back to school** and let them keep up their activities.
- ✓ Do **drive more carefully.**
- ✓ Do **be more careful around the home.**

WARNING: Accidents are more common after severe stress.