

# 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



## Helping your recovery:

- Recognise you have been through a stressful event
- Talk and express your feelings with someone you trust
- Allow yourself time to adjust
- Avoid using alcohol or drugs to 'numb' your feelings
- Do things you enjoy
- Try to maintain your normal routine
- Structure your day with regular times to eat, sleep and exercise
- Don't feel pressured to talk about your crash
- Consider having someone you trust answer questions on your behalf
- Do things you find relaxing
- Spend time with people who care about you

## 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](mailto:admin@rtswa.org.au)  
or visit [www.rtswa.org.au](http://www.rtswa.org.au)

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



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Need immediate support?  
**Lifeline 13 11 14**