

## Helping **your recovery**



We offer phone and video call sessions to support you, **no matter where you live in WA.**

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 Street,  
Leederville WA 6007  
Mon-Fri, 8.30am-4:30pm

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

## Connect with us



[facebook.com/RoadTraumaSupportWA](https://facebook.com/RoadTraumaSupportWA)



[@RoadTraumaWA](https://twitter.com/RoadTraumaWA)



Road Trauma Support WA is delivered by Injury Matters with funding from the Road Trauma Trust Account and contract management through the Road Safety Commission.

# After a road crash



**rtswa.org.au | 1300 004 814**

Supporting Western Australians affected by road trauma

## 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

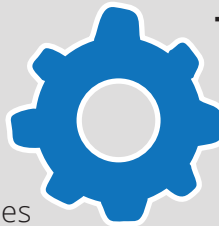
- Shock
- Disbelief
- Fear
- Sadness
- Grief
- Overwhelmed
- Anxiety
- Guilt
- Anger
- Shame
- Helplessness



Even if the road crash was some time ago, **it is never too late to seek help**

### 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



If symptoms are ongoing or worsen 4-6 weeks after the crash, it's best to seek professional support.

### 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.

