

Support available after the event

If you would like more specialised support and information regarding road trauma, please contact Road Trauma Support WA or one of the youth focused organisations listed below.

Road Trauma Support WA have in-person, phone and online counselling sessions available.

Visit www.rtswa.org.au



Looking after **yourself** and your **friends**



Road Trauma Support WA

1300 004 814 (toll free)
admin@rtswa.org.au

Kids Helpline

1800 551 800

Beyond Blue

1300 224 636

Rural Link

1800 720 101

Youth Focus

(08) 6266 4333

Ref: www.youthbeyondblue.com.au

Watching crash re-enactments may have made you or your friends feel quite uncomfortable at times. This is normal and ok.

If, however, you continue to experience strong feelings after the event, it's really important that you talk about it to one of the following people.

- A friend or someone who is a good listener
- Your parents
- The school counsellor
- A teacher
- Or a professional such as a doctor or a nurse

You might also notice friends or other students at your school who may have been affected by a real road trauma and who might be struggling after the event.

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.



Someone who is struggling to deal with the emotions raised by the re-enactment of a road crash might be showing signs of distress.

Signs to look out for:

Someone who is struggling to deal with the emotions raised by the re-enactment of a road crash might be showing signs of distress such as:

- Being irritable or acting out of character
- Crying more than normal
- Acting withdrawn and hanging out with their friends less
- Feeling tired and down

If you notice that this is happening, it is a good idea to ask your friend if they're ok and to listen to how they feel.

Other ways to help your friends

- Talk about how they're feeling, listen and respond in a supportive manner
- Don't feel like you need to solve their problems, sometimes just listening is enough
- Respect them if they decide they're not ready to talk about it
- Suggest others who might be suitable for them to talk to and encourage them to get help from an adult or trained counsellor
- Offer to go with them to talk to a teacher or counsellor at school



Find out more at www.rtswa.org.au

The after effects of road trauma

Road trauma can happen unexpectedly and can impact the way in which you view the world. Reactions can vary and it's important to realise that this depends on your personality, whether you have experienced previous traumas in your life, the nature of the accident, your involvement and the level of support you have around you.

Most people will feel better within a few days or weeks but for some it may take longer to recover.

Emotional effects following a road trauma may include:

- Euphoria at being alive
- Feeling alone and isolated
- Shock and disbelief
- Fearful of driving or getting in a car again
- Anger and frustration
- Emotional distress, mood swings or anxiety
- Guilt or shame depending on your involvement

Physical symptoms may include:

- Headaches
- Re-experiencing the event via dreams or flashbacks
- Trouble sleeping
- Reduced appetite
- Difficulty concentrating
- Increased risk-taking behaviour
- Substance abuse
- Difficulty performing daily activities