



ASSISTING A PERSON FOLLOWING A POTENTIALLY TRAUMATIC EVENT

WHAT IS A POTENTIALLY TRAUMATIC EVENT?

A potentially traumatic event is a powerful and distressing experience that is life threatening or poses a significant threat to a person's physical or psychological well-being. Many events, past and present, have the potential to be traumatic, but not all events commonly perceived as traumatic will cause extreme distress for an individual. Some common examples of events that have the potential to cause trauma include interpersonal violence (including family violence, child abuse, elder abuse, physical or sexual assault, kidnapping or captivity), accidents (such as traffic or workplace accidents), and witnessing something terrible happen. More traumatic events include war, torture, terrorist attacks, mass shootings, and severe weather events (flood, earthquakes, hurricanes, tsunamis, forest and bush fires). Sudden memories of previous events can also cause trauma.

Deliberate exposure can also cause trauma, for example addressing others experiencing a traumatic event, learning that a traumatic event occurred to someone else, or repeated or extreme exposure to details of traumatic events.

HOW MIGHT SOMEONE REACT TO A POTENTIALLY TRAUMATIC EVENT?

It is important to know the initial responses that are common following a potentially traumatic event. However, be aware that people can react very differently and you should not expect any particular reaction. You should know what signs and symptoms can indicate there is a problem after such an event, and also the range of symptoms that can occur long-term (see box below). You should also be aware that cultural differences may impact the way people respond, e.g. in some cultures, expressing vulnerability or grief around strangers is not considered appropriate.

It is common for people to feel greatly distressed immediately following a potentially traumatic event. People often experience emotional numbness, increased anxiety, and difficulties to sleep or appetite. Other reactions might include sadness, guilt, fear or anger. Usually these reactions settle down within a month. Only some people go on to develop a mental illness.

ACUTE STRESS DISORDER AND POST-TRAUMATIC STRESS DISORDER

The symptoms of acute stress disorder and post-traumatic stress disorder are similar. A major symptom is re-experiencing the trauma. This may be in the form of recurrent dreams of the event, flashbacks, intrusive memories or distress in situations that bring back memories of the original trauma. There is avoidance behaviour, such as persistent avoidance of things (e.g. people, places, conversations, activities, objects, situations) associated with the event, which may continue for months or years. There are also persistent symptoms of increased emotional distress (constant worryfulness, loneliness, being easily startled, irritability, aggression, insomnia). The person may also have more

MHFA GUIDELINES: TRAUMATIC EVENTS (ADULTS)

How might someone react to a potentially traumatic event?

Acute stress disorder and post-traumatic stress disorder

What to do at the site of a potentially traumatic event

How should I talk with someone who has experienced a potentially traumatic event?

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What not to do

How can I support the person over the next few weeks or months?

When should the person seek professional help?

What additional supports do adolescents need?

Source:

<https://mhfa.com.au/mental-health-first-aid-guidelines>

https://mhfa.com.au/sites/default/files/traumatic_events_adult_mhfa_guidelines_2021_1.pdf

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