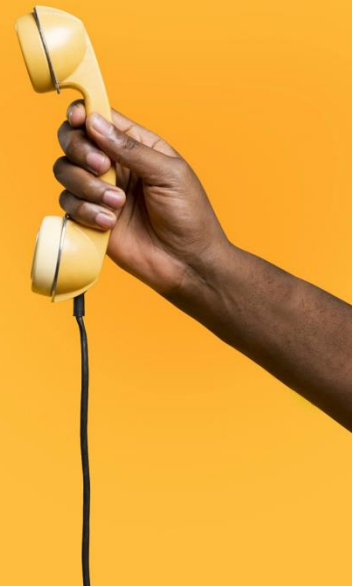


RAISE IS HERE TO HELP



Kia ora, Bula & Hello

The New Zealand ShakeOut www.getready.govt.nz/en/involved/shakeout/ taking place on Thursday this week is a good opportunity to remind ourselves of what to do in the event of an earthquake or tsunami. Preparing as best we can for a natural event gives us a better chance of coping if that time comes. Certainly, the past few years have provided plenty of opportunities for us to call on all our knowledge and reserves. What with the pandemic followed by natural and man-made disasters and adverse weather events around the world, many of us have experienced stress on our mental health and wellbeing.

The aftermath of natural events, as well as our own personal adverse experiences such as health, financial, and relationship crises, can leave us reeling with trauma. Trauma is when an experience produces emotional or psychological injury or pain, shattering our sense of security. We may feel intense shock, confusion, and fear, or feel numb or overwhelmed by a host of conflicting emotions, sometimes all at once. In this month's blog we talk about some common reactions and how they might affect us, and some ideas for what we can do to help us cope. **Read blog** - www.raisementalhealth.co.nz/Helping-you-to-cope-with-trauma-and-crisis

What can cause psychological trauma?

Psychological trauma symptoms can occur as the result of witnessing or experiencing distressing experiences that leave us feeling unsafe or helpless. Some traumas may also cause physical harm, such as a car accident or assault, but you don't have to sustain a physical injury to experience psychological trauma. The emotional impact of trauma can be equally as harmful as physical injuries, and sometimes more difficult to recover from, leaving us feeling vulnerable and struggling to cope. Symptoms occur as a normal response to an abnormal situation. Symptoms should fade after a couple weeks if they do not fade then it is advised that an individual should seek medical and psychological support.

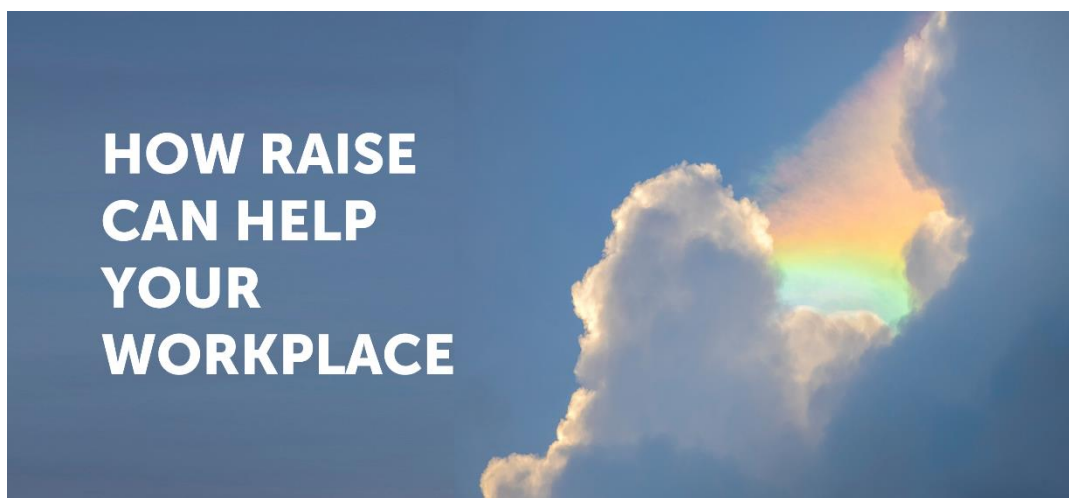
What might I experience?

- **Intense or unpredictable feelings** – You may be anxious, nervous, overwhelmed, or grief-stricken. You may also feel more irritable or moody than usual.

- **Changes to thoughts and behaviour patterns** – You might have repeated and vivid memories of the event. These memories may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. It may be difficult to concentrate or make decisions. Sleep and eating patterns can also be disrupted – some people may overeat and oversleep, while others experience a loss of sleep and loss of appetite.
- **Sensitivity to environmental factors** – Sirens, loud noises, burning smells, or other environmental sensations may stimulate memories of the disaster creating heightened anxiety. These 'triggers' may be accompanied by fears that the stressful event will be repeated.
- **Strained interpersonal relationships** – Increased conflict, such as more frequent disagreements with family members and coworkers, can occur. You might also become withdrawn, isolated, or disengaged from your usual social activities.
- **Stress-related physical symptoms** – Headaches, nausea, and chest pain may occur and could require medical attention. Preexisting medical conditions could be exacerbated.

Click to see 21 things you can do while you're living through a traumatic experience

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/21_things_you_can_do_while_youre_living_through_a_traumatic_experience.pdf



The Raise team of trained practitioners and specialists is available to provide a range of trauma and crisis support, supporting staff both individually and collectively after an incident, and helping the organisation be prepared with programmes, tools, and training.

Prompt response for managers and the team when a crisis occurs:

- **On-site critical incident debrief** - occurs 24 to 36 hours after the event to allow for individuals to begin to process the event and for emergency services to finish their response if applicable.
- **Psychological first aid** (you could call this the mental and emotional equivalent of physical first aid), providing initial emotional and practical support to individuals and groups who have experienced a traumatic event. This could be wellbeing checks, or 1:1 counselling. Generally, needs to occur 24 hours after the event to allow for individuals to process, and emergency services to finish their response if applicable.
- **Ongoing EAP counselling** to help individuals process the trauma and aid in the prevention of acute stress disorders.
- **Follow-up services** after the initial critical incident interventions.

Helping organisations to be prepared:

- **Workplace education services** – workshops and training.
- **Programmes focused on prevention.**
- **Stress management/wellness/resilience programmes.**
- **Providing professional supervision** (non-clinical) for individuals and teams.

Please don't hesitate to enquire about more information on any of our services and support options.

Raise is a member of Crisis Intervention Management of Australasia and follows the process endorsed by CIMA (Crisis Intervention and Management Australasia).

Helping someone else

If you want or need to support someone who is experiencing trauma or distress, it can help to keep 'CARES' in mind.

- C** Calmly give them your full attention. Be patient and do not rush.
- A** Ask simple questions to encourage them to speak. Listen, and keep them as focused as possible on what will best assist their wellbeing and safety.
- R** Reflect what they have said back to them, respectfully and without judgment.
- E** Encourage them to choose the next steps, offering options if they need them.
- S** Support them to get help or source help for them, such as their GP or accessing EAP.

Get in touch

If you could do with some personalised professional support, don't hesitate to get in touch.

0800 SELF HELP / 0800 735 343

Fiji - 5144

Australia - 1800 734 344

UK - +44 800 112 0443

referrals@raisementalhealth.co.nz

www.raisementalhealth.co.nz