

Suggestions for helping another person after a traumatic event

Some of the following suggestions may help you to help others after a traumatic event has occurred.

- Listen carefully
- Spend time with the traumatized person
- Offer practical assistance
- Reassure them they are safe
- Help with everyday tasks such as cooking, minding children, etc.
- Respect their need for private time
- Don't take their anger or other feelings personally
- Don't tell them they are "lucky," or "it could be worse." Traumatized people are not consoled by these statements. Instead tell them that you are sorry such an event has occurred and let them know that you would like to help