



WHAT IS TRAUMA AND HOW CAN YOU DEAL WITH IT?

17 October is World Trauma Day. Here is what you need to know.

According to the South African Depression and Anxiety Group, trauma results from hurt, harm or intense fear. It can be caused by harm to a person's body or It can be caused by fear in a person's mind.





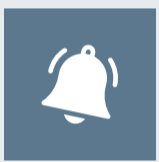
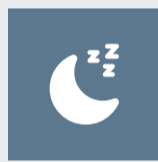


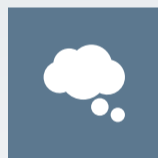
What is trauma?

There are TWO TYPES of trauma:

Physical: The body's response to serious injury and threat

Mental: Frightening thoughts and painful feelings

Mental trauma can produce strong feelings. It can also produce extreme behaviour:

	Intense fear or helplessness		Fear that a loved one will be hurt		Withdrawal or detachment
	Lack of concentration		Irritability		Sleep disturbance
	Aggression		Hyper vigilance (intensely watching for more distressing events)		Flashbacks (sense that event is reoccurring)

While a person who experiences violence, injury, or an event that causes them physical harm, will experience trauma, those who witness such events or are close to them when they happens can experience secondary trauma (they still feel trauma but often to a lesser degree).

In the case of physical trauma

According to the World Health Organisation (WHO), death and disability from serious trauma can be prevented by:

- 1** Immediate pre-hospital care (treating a person immediately at the site of injury before reaching hospital).
- 2** Adequate knowledge of handling emergency situations (training first responders to deal with injury properly).
- 3** Proper supply of enough correct pre-hospital care equipment and facilities (enough ambulances and other medical supplies).

In the case of mental trauma

If experiencing these symptoms, contact a mental health professional or speak to the EAP:

- | | |
|------------------------------------|--------------------------------------|
| 1 Flashbacks | 4 Being emotionally numb |
| 2 Racing heart and sweating | 5 Being very sad or depressed |
| 3 Being easily startled | |

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Remember!

For more information, support and advice feel free to reach out to us on:

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SMS or send a please call me: 083 450 0508

Sources: South African Depression and Anxiety Group and World Health Organisation (WHO)