

TRAUMA SUPPORT

DISCOVERY HEALTH
2022



Overview

Discovery Health recognises the importance of trauma support and counselling for anyone who has experienced a traumatic event. This document explains the care and support we give when you and your loved ones are faced with the after-effects of a traumatic event.

Understanding trauma

Trauma happens when a person has an extraordinary situation that causes physical and emotional after-effects. A person doesn't have to be hurt to have experienced trauma. Witnessing any type of personal or environmental disaster or being threatened with an assault are also traumatic incidents.

Being overwhelmed by a traumatic incident causes responses like intense fear, helplessness and horror. Everyone reacts differently when we experience a traumatic event. It's a normal reaction for a person to feel severely stressed after going through a traumatic event. A person doesn't walk away from a trauma without experiencing a painful reaction.

Trauma affects one's emotional reactions and thought processes. The following emotions strongly appear after trauma:

- Panic
- Loneliness
- Fear
- Depression
- Grief
- Helplessness
- Denial
- Shock

A person who has experienced trauma often also behaves differently than they usually do and they may:

- Find it difficult to make decisions
- Have feelings of losing control
- Find it difficult to concentrate
- Withdraw socially
- Blame others
- Become forgetful
- Show impulsive, unpredictable behaviour
- Have flashbacks to the trauma again and again

Such a person can even have physical problems after the trauma, including:

- Shortness of breath
- Chest pain
- Higher blood pressure
- Stomach disturbances (diarrhoea, constipation, abdominal cramps)
- Headaches

These emotions and responses are normal and usually just a temporary reaction to an overwhelming event.

Why Discovery offers trauma support

Any one of us can be involved in a crisis or traumatic incident. How we deal with our natural response of panic, shock and fear makes the difference.



With the right care and support, someone who suffered trauma will be able to return to their routine. This care will leave these people prepared to deal with the after-effects of other traumatic events or crises.

Discovery Trauma Support reaches out to all

This service gives you and your family extra support in a time of crisis. With Discovery Trauma Support, trained counsellors are available to give telephonic and virtual counselling in times of need.

Whether the trauma is the death of a loved one, attempted suicide, domestic violence, sexual assault or trauma after a crime, the Discovery Trauma Support counsellors are there to provide support.

You and your family have the support of counsellors if you've experienced any of these incidents:

- Death of a loved one
- Attempted suicide
- Domestic violence
- Sexual assault
- Crime

Discovery trauma counsellors also provide support during death notifications and help after an accident and while you are in hospital.

In trauma or in a crisis

Call Discovery Trauma Support during business hours on **011 529 8765**.