



Information for you  
following a

# TRAUMATIC EVENT

Members of the public will sometimes find themselves exposed to the traumatic incidents and situations South Wales Fire and Rescue personnel are called to.

Everyone involved is adjusting and adapting to what has happened, and this process will take time and will affect people in different ways depending on their circumstances and previous history.



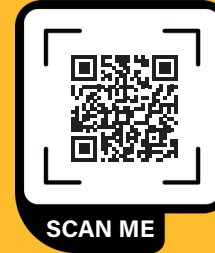
Gwasanaeth Tân ac Achub  
De Cymru

South Wales  
Fire and Rescue Service

Guidance for dealing with the aftermath of

## TRAUMATIC EVENTS

1. Be aware of the normal response to trauma and be reassured that what you're experiencing is natural. [Mind Charity PTSD Symptoms.](#)
2. Be alert to certain factors that might mean you're more vulnerable, perhaps because of past experiences or particularly close involvement with the incident or those involved in it.
3. Keep in touch, talk to colleagues, family and friends.
4. Wherever possible, re-establish normal routines as soon as possible, albeit gently and flexibly, and to talk about what has happened.
5. Accept that for a period, normal routines will be disrupted.



## SOURCES OF HELP

There are lots of options for support out there but it's important to remember that different things work for different people at different times. Your local gp practice is your first place of contact and is there to support you with your mental health. There are many organisations which also offer various support services. Details of which are below.

### 2wish

01443 853125

[info@2wish.org.uk](mailto:info@2wish.org.uk)

### Samaritans

+44 (0)29 2022 2008

[www.samaritans.org](http://www.samaritans.org)

### Mind

0300 102 1234

[www.mind.org.uk](http://www.mind.org.uk)

### Hub of Hope

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

### NHS Wales

[www.nhs.wales](http://www.nhs.wales)

### NHS 111

111

[www.111.nhs.uk](http://www.111.nhs.uk)