

# Neighbourhood trauma

## What to do when a violent or traumatic incident happens

### Now what?

You and your community have just experienced a traumatic event. This information sheet offers guidance and resources to help you through it.

### Where can I get help?

Most of us are not prepared for traumatic events. It is natural to feel nervous or afraid.

Remember, you are not alone. Here are some resources to help you, your neighbours and your family:

- Contact your local Community Health and Resource Centre: See [CoalitionOttawa.ca](http://CoalitionOttawa.ca)
- Call the Distress Centre at 613-238-3311
- Dial 2-1-1 for a referral to community and social services
- Dial 9-1-1 to report an emergency or a crime in progress
- For non-emergencies, call the Ottawa Police at 613-236-1222

### Are my feelings normal?

There are many different normal reactions to traumatic events. You will likely experience many of the following emotions. However, if you are still experiencing several of these feelings weeks after the incident, you may wish to seek counselling support from the resources listed above. **Complete this checklist three weeks after the event.** Check off anything that you have experienced at least twice in the past week:

<input type="checkbox"/> Unexpected upsetting thoughts or memories	<input type="checkbox"/> Disturbing dreams
<input type="checkbox"/> Feelings of reliving the incident	<input type="checkbox"/> Upsetting reminders of the incident
<input type="checkbox"/> Anger	<input type="checkbox"/> Trouble falling or staying asleep
<input type="checkbox"/> Startling easily or feeling jumpy	<input type="checkbox"/> Difficulty concentrating
<input type="checkbox"/> Fast heartbeat, stomach churning, dizziness or other physical reactions	<input type="checkbox"/> Increased awareness of potential danger to yourself and others

### How can I help others?

Community support is very important in difficult times like these. You can help your family, friends and neighbours by:

- Listening to their fears and concerns
- Referring them to community and social services
- Sharing this document

Here are some excellent resources to help children cope with trauma:

- Canadian Counselling Association – [www.ccpa-accp.ca/the-effects-of-trauma-on-children-and-adolescents/](http://www.ccpa-accp.ca/the-effects-of-trauma-on-children-and-adolescents/)
- National Child Traumatic Stress Network (U.S.) – [www.nctsn.org](http://www.nctsn.org)
- Child-Mind Institute (U.S.) – [www.childmind.org/topics/concerns/trauma-and-grief/](http://www.childmind.org/topics/concerns/trauma-and-grief/)

### Dealing with the media

**SPEAKING with the media is your choice.**

**NEVER TALK “off the record.”**

**BE CAUTIOUS about your use of social media.**

**BE AWARE that it is difficult to guard your privacy.**

For more information on dealing with media, consult this media guide, *If the media calls: A guide for crime victims & survivors*, available online at [crcvc.ca/publications/if-the-media-calls/](http://crcvc.ca/publications/if-the-media-calls/)