

Means of coping with a sudden crisis

If you have been involved in a traumatic situation, you can get help and advice from the Espoo Social and Crisis Emergency Services. We will serve you around the clock by telephone on **09 816 42439**.

It is healthy and normal to react to a traumatic experience in various ways. Thinking about what could have happened to you or your loved ones may also cause reactions similar to those triggered by an actual threat.

Common symptoms after a traumatic situation

- feelings of unreality, a dream-like feeling
- strong feelings, such as fear, helplessness, anger, guilt, sorrow, shame and irritation or numbness
- upsetting mental images, nightmares, sleep deprivation, memory or concentration problems
- physiological reactions, such as headache, nausea, tremors, muscle tension and chest or throat tightness
- the need for an explanation for what happened.

People react to traumatic situations in different ways, some more strongly than others. The reactions become milder over time. Recovery is a fluctuating process, but the situation will eventually ease.

Espoo Social and Crisis Emergency Services
Tel. 09 8164 2439 (+358 9 816 42439) around the clock

