



CARE TEAM GRISCHUN

Coping with trauma or an emotional
crisis after a stressful event



Amt für Militär und Zivilschutz
Uffizi da militar e da protecziun civila
Ufficio del militare e della protezione civile

Accept your emotions

You have been through a stressful, unsettling experience – everyone's response to such events may vary.

Anxiety, fear, longing, shame, guilt, anger, rage, memories and disappointments may be very intense.



Don't be scared of losing self-control.

Bottling up your emotions might lead to other problems.

Crying can bring relief.

When to seek help?

- If you have been feeling numb or have been over-active approximately one month after the event
- If your emotions and feelings have not returned to normal a long time after the event
- If you have been suffering from anxiety or nightmares
- If you have no one to share your emotions with
- If your relationships with others have become strained
- If you have been overusing nicotine, alcohol, drugs or medication since the event took place
- If your work performance has been declining
- If your children have been performing worse at school
- If your children have been retelling the event in exactly the same terms or have been re-enacting it in exactly the same way

Advice

- Don't bottle up your emotions, speak about them – also to your children. Children often express their emotions through play and drawings
- Don't expect time to automatically erase your memories. It's likely that your present feelings will stay with you and will keep bothering you
- Give yourself enough time to recuperate
- Reach out to uninvolved trusted people and make them speak to your children
- Express your needs clearly and plainly

Where to find help?

Die dargebotene Hand (The Helping Hand)

Telefon 143 (24h), www.143.ch

Opferhilfe-Beratungsstelle Graubünden (Victims' Counselling Centre, Grisons)

Telefon 081 257 31 50

Psychiatrische Dienste Graubünden (Psychiatric Services, Grisons)

Telefon 058 225 25 25 (24h) , www.pdgr.ch

Kinder- und Jugendpsychiatrie Graubünden (Child and Adolescent Psychiatry, Grisons)

Telefon 081 252 90 23, www.kjp-gr.ch

Hausarzt oder Hausärztin (your family doctor)

Seelsorger oder Seelsorgerin Ihrer Gemeinde (communal pastoral care)

Psychiater und Psychiaterin (a psychiatrist)

Psychologe oder Psychologin (a psychologist)

Bündner Vereinigung für Psychotherapie

www.bvp.ch



Kinder- und Jugendpsychiatrie Graubünden
Psichiatria d'uffants e da giovenils dal Grischun
Psichiatria infantile e giovanile del Grigioni



Psychiatrische
Dienste Graubünden

www.pdgr.ch