



**ASSISTING A PERSON FOLLOWING A POTENTIALLY TRAUMATIC EVENT**

**WHAT IS A POTENTIALLY TRAUMATIC EVENT?**

A potentially traumatic event is a powerful and distressing experience that is life threatening or poses a significant threat to a person's physical or psychological well-being. Many events, past and present, have the potential to be traumatic, but not all events commonly perceived as traumatic will cause extreme distress for an individual. Some common examples of events that have the potential to cause trauma include interpersonal violence (including family violence, child abuse, elder abuse, physical or sexual assault, kidnapping or captivity), accidents (such as traffic or workplace accidents), and witnessing something terrible happen. More traumatic events include war, torture, terrorist attacks, mass shootings, and severe weather events (flood, earthquakes, hurricanes, tsunamis, forest and bush fires). Sudden memories of previous events can also cause trauma.

Direct exposure can also cause trauma, for example witnessing others experiencing a traumatic event, learning that a traumatic event occurred to someone else, or involved in extreme exposure to details of traumatic events.

**HOW MIGHT SOMEONE REACT TO A POTENTIALLY TRAUMATIC EVENT?**

It is important to know the initial responses that are common following a potentially traumatic event. However, be aware that people can react very differently and you should not expect any particular reaction. You should know what signs and symptoms can indicate there is a problem after such an event, and also the range of symptoms that can occur long-term (see box below). You should also be aware that cultural differences may impact the way people respond, e.g. in some cultures, expressing vulnerability or grief around strangers is not considered appropriate.

It is common for people to feel greatly distressed immediately following a potentially traumatic event. People often experience emotional numbness, increased anxiety, and difficulties to sleep or appetite. Other reactions might include sadness, guilt, fear or anger. Usually these reactions settle down within a month. Only some people go on to develop a mental illness.

**ACUTE STRESS DISORDER AND POST-TRAUMATIC STRESS DISORDER**

The symptoms of acute stress disorder and post-traumatic stress disorder are similar. A major symptom is re-experiencing the trauma. This may be in the form of recurrent dreams of the event, flashbacks, intrusive memories or distress in situations that bring back memories of the original trauma. There is avoidance behaviour, such as persistent avoidance of things (e.g. people, places, conversations, activities, objects, situations) associated with the event, which may continue for months or years. There are also persistent symptoms of increased emotional distress (constant worryfulness, loneliness, being easily startled, irritability, aggression, insomnia). The person may also have more



**MHFA GUIDELINES:  
TRAUMATIC EVENTS (ADULTS)**

How might someone react to a potentially traumatic event?

*Acute stress disorder and post-traumatic stress disorder*

What to do at the site of a potentially traumatic event

How should I talk with someone who has experienced a potentially traumatic event?



What not to do

How can I support the person over the next few weeks or months?

When should the person seek professional help?

What additional supports do adolescents need?

Source:

<https://mhfa.com.au/mental-health-first-aid-guidelines>

[https://mhfa.com.au/sites/default/files/traumatic\\_events\\_adult\\_mhfa\\_guidelines\\_2021\\_1.pdf](https://mhfa.com.au/sites/default/files/traumatic_events_adult_mhfa_guidelines_2021_1.pdf)

# Traumatic Events Mhfa

**Vikki Hankins**



## Traumatic Events Mhfa:

**Mental Health First Aid for Yourself** Gideon Hart, 2026-02-23 Most people know what to do when someone else is struggling They listen they show up they offer comfort without judgment Yet when the crisis is their own when the overwhelm is internal invisible and arriving at 2am they often have no idea where to begin Mental Health First Aid for Yourself explores what genuine self support looks like in the moments when your emotional world feels most destabilized It examines the gap between knowing that self care matters and actually knowing what to do when anxiety spikes grief arrives without warning or the weight of daily functioning simply becomes too much It gently reframes self support not as indulgence or weakness but as a quiet necessary act of tending to the one person most consistently in your care This book offers insight into the small honest interventions that create stability from the inside how to recognize your own early warning signs before they become crises what it means to regulate rather than suppress difficult emotions and how to build an inner repertoire of responses that feel accessible even when your resources feel depleted It does not replace professional mental health support nor does it promise that the right technique will make hard feelings disappear What it offers is something more grounded and more kind a compassionate framework for becoming a more reliable more responsive presence in your own inner life For anyone who has ever held others through their hardest moments yet struggled to extend that same steadiness to themselves

**Behavioral Emergencies for Healthcare Providers** Leslie S. Zun, Kimberly Nordstrom, Michael P. Wilson, 2021-01-04 This fully updated second edition focuses on mental illness both globally and in terms of specific mental health related visits encountered in emergency department settings and provides practical input from physicians experienced with adult emergency psychiatric patients It covers the pre hospital setting and advising on evidence based practice from collaborating with psychiatric colleagues to establishing a psychiatric service in your emergency department Potential dilemmas when treating pregnant geriatric or homeless patients with mental illness are discussed in detail along with the more challenging behavioral diagnoses such as substance abuse factitious and personality disorders delirium dementia and PTSD The new edition of Behavioral Emergencies for Healthcare Providers will be an invaluable resource for psychiatrists psychologists psychiatric and emergency department nurses trainee and experienced emergency physicians and other mental health workers

***Psychiatric and Mental Health Nursing in the UK*** Katie Evans, Debra Nizette, Anthony O'Brien, Catherine Johnson, 2019-06-28 Psychiatric and Mental Health Nursing in the UK is an adaptation of Australia and New Zealand's foremost mental health nursing text and is an essential resource for both mental health nursing students and qualified nurses Thoroughly revised and updated to reflect current research and the UK guidelines as well as the changing attitudes about mental health mental health services and mental health nursing in UK Set within a recovery and patient framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health

nurse can say and do to interact effectively with patients and their families Gives readers a thorough grounding in the theory of mental health nursing Case studies throughout the text allow readers to understand the application of theory in every day practice Includes critical thinking challenges and ethical dilemmas to encourage the reader to think about and explore complex issues Exercises for class engagement complement learning and development in the classroom environment

**Mental Health Nursing** Gylo (Julie) Hercelinskyj, Louise Alexander, 2019-07-30 Mental Health Nursing Applying Theory to Practice is a new Australian text combining a theoretical approach to mental health nursing with clinical reasoning and a practical framework for real life nursing situations Ideal for both clinical and theory mental health course units the text was developed with input from consumers and clinicians and includes the clinical manifestations impacts treatment and management of persons suffering from mental illness Chapters on suicide and self harm and Mental Health First Aid provide detailed coverage of these contemporary mental health issues while a chapter on mental state examination MSE comprehensively explores MSE in a style similar to a traditional psychiatry text and in the context of many different mental health conditions giving students multiple perspectives of presentations Critical thinking and review questions challenge students to apply theory to practice and pharmacology is discussed in each disorder chapter helping students to contextualise their learning With coverage of the Mental Health Act 2014 and criteria from the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition DSM 5 integrated throughout the text equips students with a working understanding of major mental health disorders and the ability to work practically when engaging with persons suffering from mental illness New print versions of this book come with bonus online study tools on the CourseMate Express and Search Me Nursing platforms

**Psychiatric & Mental Health Nursing** Katie Evans, Debra Nizette, 2016-10-04 Psychiatric and Mental Health Nursing has established itself as Australia and New Zealand's foremost mental health nursing text and is an essential resource for all undergraduate nursing students This new edition has been thoroughly revised and updated to reflect current research and changing attitudes about mental health mental health services and mental health nursing in Australia and New Zealand Set within a recovery and consumer focused framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with consumers and their families Visit [evolve.elsevier.com](http://evolve.elsevier.com) for your additional resources eBook on Vital Source Resources for Students and Instructors Student practice questions Test bank Case studies Powerful consumer story videos 3 new chapters Physical health care addresses the physical health of people with mental health problems and the conditions that have an association with increased risk of mental health problems Mental health promotion engages with the ways in which early intervention can either prevent or alleviate the effects of mental health problems Challenging behaviours presents a range of risk assessments specifically focused upon challenging behaviours Now addresses emerging issues such as The transitioning of mental health care to

primary care The development of peer and service user led services accreditation and credentialing Mental Health Nurse Incentive Program Growing Happy, Healthy Young Minds Ramesh Manocha,2017-06-13 This is the most authoritative and up to date collection of information about a range of issues affecting young people today including drugs and alcohol bullying mental health and eating disorders The world is getting harder for young people and for the people who care about them parents teachers school counsellors and concerned relatives Generation Next is an organisation that gathers experts in several fields to provide information for professionals now that expertise is gathered in this volume for everyone else Each chapter contains easily accessible information along with more detail and resources for those who wish to find out more In this comprehensive volume is the latest information on many topics including Helping young people get help for mental health problems Bullying Anxiety Depression Understanding self harm Child sexual abuse Alcohol and Drugs and how to communicate with young people about them Teens Parties and Alcohol A practical guide to keeping them safe Eating Disorders Body Image Resilience and Positive Psychology Understanding the Teenage Brain Online Time Management Coming in September 2017 is volume 2 in the Generation Next collection Nurturing Young Minds Mental Wellbeing for the 21st Century Elgar Encyclopedia of Occupational Health Psychology Cary Cooper,Paula Brough,Vicki L. Anderson,2024-07-05 Occupational Health Psychology has emerged as a vital new field in its own right in recent years and its key areas of focus are occupational stress work wellbeing and work life balance This Encyclopedia is the godfather of this new discipline defining the diversity of its concepts theories and methods It will be the essential resource for scholars practitioners and students for years to come **Support Systems and Community Mental Health** Gerald Caplan,1974 *Crisis Theory* Rae Shirley Lindsay,1975 **BMJ** ,2002 **The General Statutes of Connecticut** Connecticut,2019 State of Minnesota Comprehensive Housing Affordability Strategy, FFY 1994-1998 ,1993 **Rebuild Iowa Office Quarterly Report** Rebuild Iowa Office,2010-04 *Traumatic Events and Mental Health* ,1998 5 Survivors Tracy Stecker,2011-09-06 First person accounts by five PTSD survivors bring hope to the millions suffering from but not yet diagnosed with this affliction and their loved ones First person accounts by five PTSD survivors bring hope to the millions suffering from but not yet diagnosed with this affliction and their loved ones Each year millions of people are afflicted by Post Traumatic Stress Disorder PTSD Most struggle to simply make it through the day as sights sounds and smells bring their life s most harrowing experience front and center to be relived again and again And many are unaware of the root problem of these symptoms or are unwilling to admit one exists Through moving firsthand accounts 5 Survivors sheds an intimate light on the impact of PTSD on three veterans of war a survivor of Hurricane Katrina and a victim of childhood sexual abuse With courage and honesty they tell their stories of trauma revealing the struggles they faced later in life and how they eventually worked toward positive change and healing With the guidance of PTSD expert and researcher Tracy Stecker Ph D who outlines the symptoms and progress of each survivor those living untreated with PTSD may see themselves in these stories

realize they are not alone and take action to get help Friends and family of those who have been greatly impacted by trauma will gain a more intimate understanding of a loved one's struggle and pain About the author Tracy Stecker Ph D is a psychologist at the Dartmouth Psychiatric Research Center She developed a curriculum titled Using a Brief Intervention to Motivate Clients to Get Help in collaboration with Hazelden Her focus is on treating veterans of Iraq and Afghanistan returning with PTSD and or substance abuse issues Several of these projects have been funded by the National Institute of Mental Health and the National Institute for Alcoholism and Alcohol Abuse From Combat to Comeback Sylvester Jenkins III,2022-05-24 No one searches for adversity Bad experiences are simply a part of life Your struggle may come in different forms and be given one of many different names rejection a broken dream or heartbreak Which creates battlefields such as anxiety depression ACEs and or PTSD Yet how many of us know how to prevent our lives from spiraling out of control when we encounter traumatic events that threaten our safety careers emotions health or relationships Sylvester passionately shares glimpses of his journey staying grounded in the face of disappointment criticism and intense hardships He provides readers with a look into what it takes to not just overcome adversity and survive but to thrive This book provides actionable strategies for making peace with past experiences living in the present and planning for a great future Armed with this knowledge we can learn to manage our feelings and respond to devastating events with the skills to seek healthy coping options and change our lives for the better You can overcome any obstacle life throws your way and not only combat but come back stronger Trauma Vikki Hankins,2014-02-14 Many roads traveled in life are not always easy Some travels are more difficult than others This real life saga presents the journey of Vikki Hankins a woman who endured ever changing roads of extreme tragedies Every twist and turn of Vikki's life robbed her of her psychological structure creating an entirely different person Each event that impacted her life was so severe and shocking the results TRAUMA Trauma destroys which is exactly what happened in the case of this young girl It destroyed her life and the lives of those directly connected to her Most people never recover from traumatizing experiences nor do they survive Trauma To Triumph Mungal,2025-08-27 Trauma as defined by the American Psychological Association APA is an emotional response to a terrible event such as an accident rape or natural disaster American Psychological Association 2013 However this definition only scratches the surface of what trauma entails Trauma is a complex psychological state that can have long lasting effects on an individual's mental physical and social well being It typically arises from experiences threatening an individual's life safety or physical integrity In its vast complexity human life presents a kaleidoscope of experiences some that uplift us and others that cause profound distress When these distressing experiences reach a certain degree of severity they can lead to what psychological science refers to as trauma Trauma is not just an isolated experience it is a condition that can have wide ranging and long lasting effects on an individual's mental health physical well being and social relationships American Psychological Association 2013 Trauma to Triumph is a comprehensive guide designed to explore the intricacies of traumatic experiences and illuminate the path to

recovery This book goes beyond theoretical insights it serves as a practical roadmap for those affected by trauma drawing from a rich body of empirical research and evidence based interventions The objective of this guide is not to paint an unrealistic picture of a life devoid of distress such an outlook would be an oversimplification of the human experience Instead the purpose is to equip readers with a robust understanding of trauma its manifestations and the tools necessary to navigate recovery This book delves deep into trauma dissecting its various types and exploring its impact on the human psyche We examine acute trauma which results from single distressing events chronic trauma which arises from repeated and prolonged adverse experiences and complex trauma which results from exposure to multiple and varied traumatic events Centre for Addiction and Mental Health 2019 The exploration doesn't end with understanding the nature and types of traumas This book also serves as a beacon of hope for those recovering from traumatic experiences Drawing from a wealth of scientific literature we discuss evidence based coping strategies underscore the critical importance of professional intervention and highlight the nurturing power of supportive communities in the healing process A crucial aspect of this guide is the comprehensive exploration of Post Traumatic Stress Disorder PTSD a psychological condition often associated with traumatic experiences PTSD once misunderstood and stigmatized is now recognized as a severe mental health condition that requires professional intervention We strive to demystify PTSD by providing in depth insights into its causes symptoms and evidence backed treatment strategies National Institute of Mental Health 2019 The ultimate aim is for you to gain knowledge and develop a transformative perspective on trauma and resilience Armed with this knowledge and understanding readers will be better equipped to transform the adversity of trauma into a triumph of resilience turning distressing experiences into catalysts for personal growth and self improvement You have chosen to confront the adversity of trauma and seek pathways to recovery This guide is here to assist you every step of the way offering empirical insights and practical strategies to facilitate your journey toward healing and self discovery

**A Trauma-Informed and Culturally Responsive (TICR) Approach in Classrooms** Dr. Isaiah Pickens, Schenike Massie-Lambert, 2020-09-11 What if you had the superpower to understand the most hidden barrier to your students achievement or the ability to see exactly what motivates them and bring that motivation to life That is the power of a trauma informed and culturally responsive TICR approach A TICR approach helps you understand the underlying causes of challenging behaviors as well as personal motivators for academic achievement and enables you to respond to students in a way that meets their underlying needs honors their life stories and empowers them while setting appropriate limits When effectively applied it unleashes a new method of tapping into student potential by giving you insight into students life stories and fostering relationships that help maximize their academic experience This guide provides an overview of the three tenets of a TICR approach for maximizing students social emotional and academic well being gives you the tools to understand the underlying reason for behavior issues identifies common trauma triggers outlines how to adjust the classroom to become more responsive to the needs of students with trauma offers

tips for acknowledging the cultural experience of students and making classroom adjustments that promote inclusivity  
discusses secondary traumatic stress STS that may affect educators and how to address it     Tips for survivors of a  
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