

REACH OUT: get support after a violent incident

Just as you need first aid for a physical injury, you may need emotional support after a violent incident. You don't have to be physically hurt during a violent incident to be negatively affected; threats and verbal aggression can also have harmful effects.

It is common for people to have an emotional response to a violent incident. Reactions may occur right after the incident or months later. Some typical responses include:

- Having difficulty being alone
- Having trouble going near the incident scene
- Having difficulty concentrating or making decisions
- Feeling jumpy, anxious, or moody
- Having trouble sleeping/nightmares
- Having trouble being around people
- Upsetting memories, reliving the event
- Feeling sad or depressed
- Feeling helpless
- Feeling scared

Violent Incident

Support

Support Resources

Everyone deals with trauma in different ways, but many people find that getting help and support can help them to cope and move forward. Some of the resources available to you could include:

- Your physician
- Your manager or supervisor
- Your union representative or Joint Occupational Health and Safety Committee representative
- The Employee Assistance Program (EAP) (if available)
- The Critical Incident Stress Management (CISM) Program (if available)



Provincial
Violence Prevention
Steering Committee