

Despite whether the incident happened a few hours ago or many decades in the past, it is important to remember that your body and mind has gone through something very traumatic. You may think that what you're thinking and feeling is strange. It is probably very normal. Here are some common reactions:

- You may feel you are to blame or responsible for what happened. **You are not!** Regardless of what the circumstances were
- If you are in shock, you may feel numb, unable to talk and unemotional. This is very **normal** and will take time
- Shaking, crying, vomiting and laughing. This is **shock**.
- Feeling **afraid** of people, places and things
- Loss of **confidence**
- Flashbacks and nightmares (**triggered** by smells, situations or people)
- **Insomnia**
- Unable to cope with **everyday** life
- **Angry**, irritable and frustrated
- Feeling dirty and ashamed
- Suicidal and/ or using other ways to cope (Alcohol, eating difficulties, drugs and **self-harm**)
- Feeling worthless and hating **self**
- **Isolating** self by pushing partners, friends and family away
- Experiencing relationship or sexual **difficulties**
- Feeling upset, tearful, anxious and depressed a lot of the **time**.

You are **not** on your own and with the appropriate support, can recover from what's happened. Time, good support networks and specialist therapy and support can all play a contributing role.

You may find these suggestions helpful...

- **Be with people and places where you feel safe**
- Inform a friend/ family member / colleague you can **trust** to create a support network
- Try to deal with each hour, each day as it comes. **Step by step, day by day**
- Inform your **GP** for additional support and possible medication
- **Be kind and forgiving to self. You may not be able to do what you once did at the moment. Give yourself time**
- Use a meditation / relaxation CD or app to help **relax**
- Contact Yellow Door for specialist **therapy**
- **Exercise** can be a healthy distraction technique and an excellent funnel for channelling anger
- Participate in **social** activities
- Staying **grounded** (flashbacks). Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer
- Allow yourself to **feel** what you feel when you feel it
- Write a **journal** on your thoughts, feelings and all the hundreds of things going around in your head. You can rip it up or keep adding to it
- **Avoid** drugs and alcohol
- **Do things that bring you joy** – hobbies, listening to music, watching films etc
- Get **rid** of critical thinking about self and replace them by positive thoughts about self
- Remind yourself of all your good and wonderful **qualities**.
- Ask for what you **need** (a friend to come over, company, time off of work). People want to help
- **Empower yourself to recover. You can do this!**

For further information, please contact:

Email: isva@hamptontrust.org.uk

Emergency Numbers:

- 🚓 Police: always phone 999 if in immediate danger. If a non-emergency, please call 0845 0 45 45 45
- 🚓 Treetops, Sexual Assault Referral Centre (SARC): 03001236616
- 🚓 Samaritans: 0845 7 90 90 90
- 🚓 National Rape Crisis Freephone: 0808 802 9999
12.00 – 14.30 and 19.00 – 21.30 everyday of the year
- 🚓 Sexual health Clinic St Mary's IoW: 01983 534202
- 🚓 Yellow Door (Southampton Rape Crisis) 02320636312
Helpline: 023 8063 6313 (Wednesdays 4 – 7pm)
- 🚓 24 Hour National Domestic Violence Freephone helpline: 0808 2000 247

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Recovery and Support Information



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