

Working with **Trauma Victims**

Emotional Trauma contains 3 elements:

- It is unexpected
- The person was unprepared
- There was nothing the person could do to prevent it from happening

Signs of Trauma:

- Anger
- Anxiety
- Fear
- Irritability
- Emotional Numbness
- Problems with Concentration
- Lapses in Memory
- Distractedness
- Difficulty Making Decisions

How to Help a Victim Experiencing Trauma:

- Ask if they would like you to contact a family member or friend.
- Offer to contact a Shelter House victim advocate.
- Be careful not to appear overprotective or patronizing.
- Remember that it is normal for victims to want to forget, or to actually forget, details of the crime that are difficult for them to accept.
- Be prepared for virtually any type of emotional reaction by victims.
- Be mindful of the personal, interpersonal, and privacy concerns of victims.

Shelter House 24/7 Hotline:

**850.863.4777 or
1.800.44.ABUSE**



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