

#WELLBEINGWARRIORS TRAUMA

Common reactions to trauma

Re-experiencing the trauma:

Nightmares, flashbacks, distressing thoughts about the trauma, emotional distress after experiencing a trauma reminder



Avoidance of trauma reminders:

Using substances to suppress thoughts / emotions related to the event. Avoiding any reminders related to the trauma.



Negative thoughts/feelings:

Excessive blame towards oneself related to trauma, loss of interest in activities, feelings of isolation and disconnection, loss of memory, excessive negative thoughts about oneself or the world.



Hyper-arousal:

Becoming irritable, quick to anger, heightened startle reaction, difficulty concentrating, hypervigilant, difficulty sleeping, feelings of anxiety (including physical symptoms such as racing heart, upset stomach, headaches), risky or impulsive behaviours



Dealing with trauma

- Ensure your safety
- Give yourself time
- Remind yourself that your feelings are normal
- Reach out for support
- Keep to your usual routine
- Identify healthy ways to relax
- Take it one day at a time
- Avoid using drugs/alcohol



External resources

- SADAG UFS Student Careline
0800 00 6363
- SADAG Suicide Crisis Line
0800 567 567
- Sexual Assault Response Team
0800 204 682 / 051 401 7777
- Befrienders Bloemfontein 24h Helpline
051 444 5000
- Cipla 24h Mental Health Helpline
0800 456 789
- Adcock Ingram Depression and Anxiety Helpline
0800 70 80 90
- Department of Social Development Substance Abuse
0800 12 13 14 / SMS: 32312
- Pharmadynamics Police & Trauma Line
0800 20 50 26



- 7cups.com
- Helpguide.org
- Mobieg.co.za

Resources on campus

- [Protection Services](#)
- [Sexual Assault Response Team](#)
- [Campus Clinic](#)
- [Social Support Office](#)
- [Student Counselling & Development \(SCD\)](#)



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