

FOR FAMILY MEMBERS & FRIENDS

Your loved one is dealing with a stressful situation right now. It is not your fault, even though it may feel like it sometimes.

Listen carefully. Let them talk if they want, but do not pressure them to talk.

Spend time with the traumatized person.

Offer your assistance and a listening ear if they have not asked for help.

Reassure them that they are safe.

Help them with everyday tasks like cleaning, cooking, caring for the family, minding children.

Give them some private time.

Don't take their anger or other feelings personally.

Don't tell them that they are "lucky it wasn't worse" – traumatized people are not consoled by those statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.