

# Trauma, mental health & coronavirus - Supporting Healing & Recovery

## WHY ARE TRAUMA INFORMED APPROACHES REQUIRED?

People already experiencing abuse or oppression are at risk of harm and further trauma as they are less likely to have buffers

Quarantine conditions can create post traumatic stress

Trauma Experience Recovery  
Just as trauma is a shared experience so too is recovery  
it's all shared.....

Social processes & coming together as a community to create shared meaning and provide mutual support can restore social bonds

It's difficult to predict who will be affected. The more adversity a person has experienced the more feelings will be the trigger for further trauma

Communities affected by collective trauma have a natural response to band together. NHS rainbows & the Thursday night clap are examples.

## HOW CAN IT HELP IN THE SHORT & LONG TERM?



Trauma is normal following a crisis. it's not a failing.. Having self-help tools and activities can help

Learning about common symptoms will help some but NOT ALL, there is NOT a "one size fits all" approach



Healing will happen in communities and few people will seek formal professional specialist help.

Recovery is in relationships with families and friends. In communities and in work places. Mobilising support networks will strengthen social fabric. It will increase people's resilience and help people by enabling them to GIVE and to RECEIVE.



Timing will be different for different people. Some will get back to normal straight away, others may have a delayed reaction - and that's OK. Gradual re-engagement needs time, patience and compassion.

## SHORT TERM AND LONG TERM ACTIONS TO TAKE



Promote a sense of safety and security and community based support

Provide practical help and support provide information on post traumatic symptoms and reactions



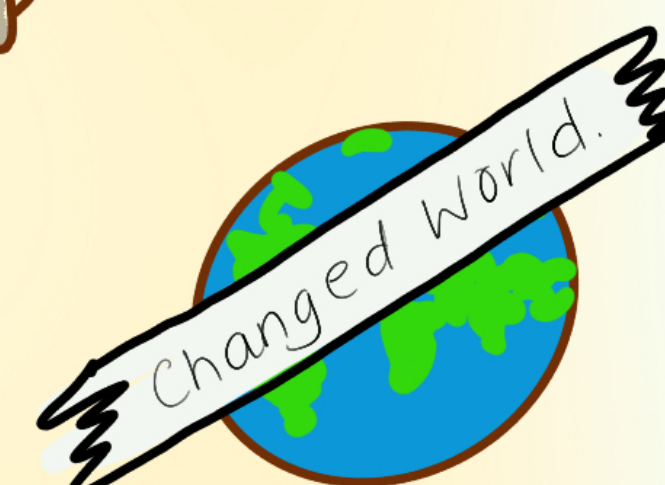
Provide mental health treatment and support where needed

Support communities to mobilise Outreach to people at risk Restore routines and functioning



Increase connections with ordinary life and provide opportunities to create meaning

Make sense of and plan for a changed future and a gradual return to everyday life.



Engage with communities especially hard to reach and minority groups

Continue ongoing practical support and provide emotional support in the workplace, communities and schools



Identify treatment for people experiencing ongoing illness



We've had abrupt change, people cut off from each other; people have experienced loss; loss of freedom, health, job, loved ones.

Bring people together, give them a voice, support people to grieve and to come to terms with a changed future.

Trauma informed approaches aim to do the opposite of the original trauma

## PSYCHOLOGICAL 1<sup>ST</sup> Aid

- Practical support that doesn't intrude
- Assess needs and concerns
- Help people with basics, food, water, money.
- Listen without pressing people to talk
- Comfort people and help them to feel calm
- Help people to connect to information sources and social support
- Protect people from further harm

