

## *Helpful Information and Guidance is available to you*

### *Following the recent traumatic event*

A shocking or horrifying incident often leaves people with unexpected reactions that can be distressing and disruptive.

Those reactions might not be limited to the people who were present at the time. Others who happened to be nearby, or who have a personal connection to whatever happened may also be affected.

Reactions will vary from person to person, of course. Some people may show immediate reactions, such as shock and distress. But others will not. Indeed, at first they may seem surprisingly well and in good spirits or “putting a brave face on”.

After they’ve had time to think about what has happened or what might have happened, reactions may change. A wide range of troublesome reactions are possible affecting our thoughts, emotions, physical sensations and even our behaviour.

Fortunately, traumatic events are rare. But we take them very seriously. We have a small team of specialist consultants who are available to provide information and guidance to anyone affected by this event.

That support is available to you in whatever way you find most helpful. You can meet a consultant – with others or individually, or speak over the telephone. Any conversation you might have with a consultant from Clarity is confidential and they will continue to be available to you for as long as is helpful.

The guidance that Clarity’s consultants provide *is not counselling*. Its purpose is simply to provide *information* and *guidance* that will be *reassuring* and *helpful*. This helps people who have been affected to manage their own recovery.

If you would like to speak to a consultant from Clarity you simply need to follow this guidance...