MENTAL HEALTH MONDAY'S

HOW TO SUPPORT A SURVIVOR OF TRAUMA

Disclaimer: We are offering recommendations to support and guide your conversation with friends and family



CHECK-IN WITH THEM AS FREQUENTLY AS POSSIBLE

REMIND THEM THEY ARE LOVED

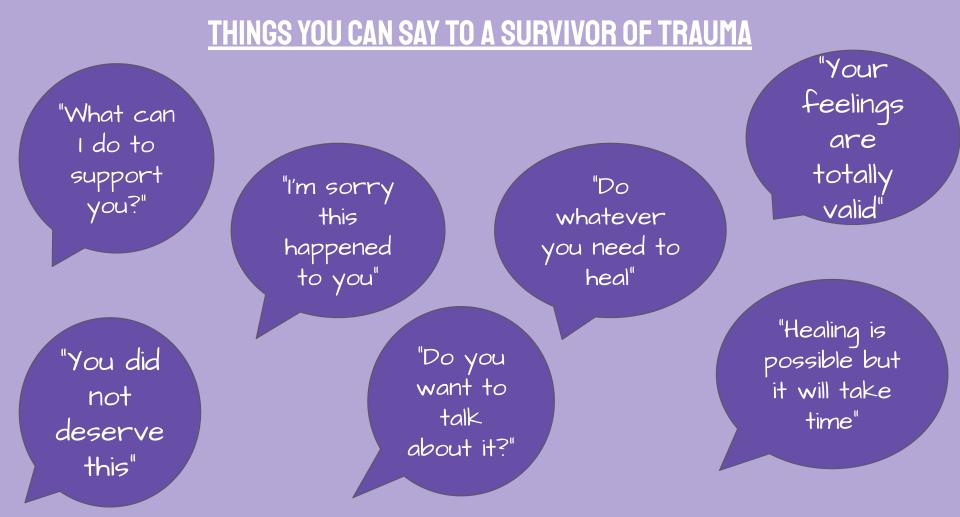
LET THEM RELEASE THEIR EMOTIONS

LISTEN TO THEM

BELIEVE THEM

LET THEM KNOW SHARING THEIR STORY IS NOT A BURDEN

UNDERSTAND THEIR TRIGGERS



THINGS TO AVOID

PRESSING FOR DETAILS

JUDGING THEIR THOUGHTS AND FEELINGS

QUESTIONING WHAT The Survivor DID or DID Not Do OFFERING SUPPORT BEYOND YOUR LIMITATIONS

COMPARING THEIR EXPERIENCES WITH OTHERS

JUMPING INTO RESCUE MODE GETTING OVERWHELMED BY YOUR OWN EMOTIONS

REPEATING DETAILS....."I'M SORRY YOU GOT RAPED"

ASKING TOO MANY Questions

HOPE AND EMPOWERMENT



DO NOT PROVIDE FALSE Hope

LET THEM KNOW OF PLANS TO INVEST AND REBUILD

MAKE SURE IT IS Visible

AFFIRM THAT WE SEE AND HEAR THEIR RESILIENCE AND STRENGTH

LET THEM KNOW WE ARE UNITED