#### 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** 

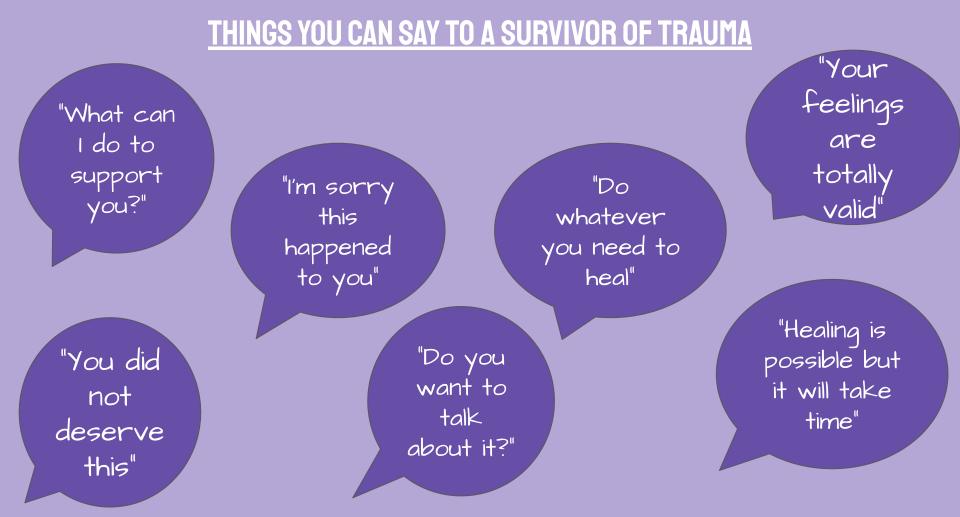
LET THEM RELEASE THEIR EMOTIONS

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