

Looking after yourself after a scary or upsetting event.

After scary or upsetting news, it's normal to feel different emotions.



At first, you might not need help from a doctor or therapist. Acting too soon can sometimes be unhelpful.

You might feel:



- Scared.
- Sad.
- Angry.
- Confused.
- Tired.
- Helpless.
- Jumpy or on edge.
- You could have bad dreams or trouble sleeping.



These feelings are normal and are part of understanding what happened.

Not everyone feels this way, but many people do.



What to do.

In the first days and weeks, take care of yourself and each other.

You should:

- Eat.
- Drink water.
- Sleep.
- Rest.
- Avoid drugs and alcohol.
- Be kind to yourself and try to do normal things with others.
- Get support from people you trust.
- Talk about what happened if you want to, but don't force it.



Who to talk to.

If it's been less than four weeks, talk to family, friends, or workmates. Share as much or as little as you feel comfortable.



If you want to talk to someone else, you can call **Samaritans** for free at **116 123**.

When you should get more help.



Most people start to feel better over the next few weeks. It's normal to have ups and downs.

You should speak to your GP or health professional if, after a month, you still feel:

- Very upset.
- Scared.
- You can't stop thinking about the event.
- Have bad dreams.
- Feel jumpy.
- Struggle to look after yourself.
- Are using drugs and alcohol more.



If you can't keep yourself safe, call a crisis service.

If you live in Sefton or Liverpool call 0800 145 6570.

If you live in Halton, Knowsley, St Helens or Warrington call 0800 051 1508.

You can also call NHS111 by dialling 111 and choosing option 2 to talk to a mental health team member.

You can find more information in the NHS leaflet on [coping with stress after a major incident.](#)

