



Oakland County Crisis Response Organization

c/o Common Ground Sanctuary • 1410 Old Telegraph • Bloomfield Hills, MI 48302

Business: 248-456-8150 • Crisis Only: 800-231-1127

HOW TO HELP THOSE YOU CARE ABOUT

Encourage the person to talk to you about how he or she is feeling.

Don't assume that men handle this kind of trauma better than women.

Tell the person how you feel, that you are sorry that they have been hurt.

Remind the survivor that his/her confusing emotions are normal.

Do no attempt to reassure the person that everything will be all right. Everything is not all right.

Do no attempt to impose your explanation on why this event has occurred.

Do not tell the person that you know how they feel. You don't. Often such attempts are really aimed at relieving your own anxiety about how you feel about what has happened to the person.

Be willing to say nothing. Just being there may be enough.

Tell your friends and family how you are feeling. Even if you are not a direct survivor of the trauma, remember that people who care about survivors often become co-survivors.

Report to friends or family any unusual physical symptoms that might be interfering with your daily routine.

Don't be afraid to encourage a person to ask for help, including counseling, if necessary. And don't be afraid to ask for help yourself, even if you are not directly involved.

Go to any court hearings, community meetings, meetings with insurance companies - - any events which directly relate to the trauma. Offer to go for support.

Try not to project your own feelings on those around you. Each survivor and co-survivor experiences trauma and its consequences differently. Be understanding to the pace at which each person copes and heals.

Don't be afraid to ask how someone is doing. Do not ask for details of the trauma. If the survivor wants to talk, listen. The best thing to do is to let the survivor know that you are there and that you care. It is not necessary to try to make things better.

Don't make a schedule by which a person "should" recover.