

Mindframe: When to recommend staff seek professional assistance

Every person will have an individual trauma response based on the type and severity of the experience, their age, gender, resilience and other psychosocial factors. However in some instances the impact of trauma can disrupt a person's health and everyday living.

Staff should seek professional assistance if the symptoms resulting from the trauma are too distressing or last for more than a couple of weeks. Warning signs may include:

- being unable to handle the intense feelings or physical sensations
- feeling numb and empty
- continuing to experience strong distressing emotions
- continuing to have physical symptoms of being tense, agitated and on edge
- continuing to have disturbed sleep and/or nightmares
- having no-one to support you and with whom you can share your feelings and emotions
- having relationship problems with friends, family and colleagues
- increasing use of alcohol or drugs.

If you are in need of assistance, talk to your local GP or health professional, or contact any of the following crisis centres:

Lifeline 13 11 14

www.lifeline.org.au

Suicide Call Back Service 1300 659 467

www.suicidecallbackservice.org.au

MensLine Australia 1300 78 99 78

www.mensline.org.au

Further advice

For further expert advice on media reporting of suicide and mental illness, contact:

The *Mindframe* team T: 02 4924 6900 E: mindframe@hnehealth.nsw.gov.au

W: www.mindframe-media.info

SANE Media Centre T: 03 9682 5933 E: media@sane.org W: www.sane.org/media-centre