

So you have been in an accident

A booklet for teenagers



Let's talk about your accident



Accidents can often be unexpected and traumatic experiences.

At the moment, things are likely to be very different to how they normally are.

You are maybe feeling quite different to how you normally feel.

You may be asking yourself:

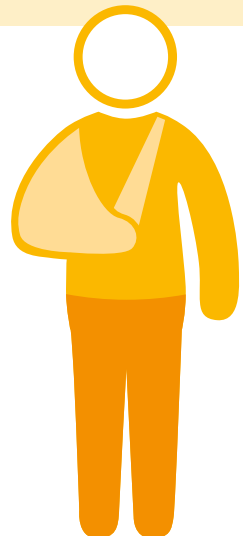
- Is it normal to think and feel like this?
- How long will I feel like this?
- Am I going to be okay?
- What can I do to make myself feel better?
- What am I doing that might not be so helpful?



It is **normal** to feel difficult emotions after a traumatic accident.

You might be going over the accident in your mind. You might feel like you can't stop thinking about it.

If so, this small booklet may be able to provide you with some answers to the questions you have been wondering about.



Is it normal to think and feel this way?

There are many different ways you might feel after a traumatic accident.

Some people might not feel particularly different to how they did before, but many will experience **difficult emotions and trauma symptoms** such as:

- Confusion.
- Anxiety / extreme worry.
- Feeling scared.
- Sadness.
- Anger / frustration – feeling like no one can help.
- Feeling tired, sleeping difficulties, having nightmares about the accident, feeling wide awake.
- Lack of hunger / feeling sick.
- Forgetting things, having difficult thoughts pop up in to your mind about the accident, finding school / college work harder than usual.
- Not wanting to be with your friends, being afraid of being alone, maybe being more grumpy with friends / family.



How long will these feelings last? Will I be okay?



You may be having these difficult thoughts and feelings now, or they may occur later on in your recovery.

These feelings aren't always easy, and sometimes might get in the way of what you really want to do. But do not worry, this is all completely normal! And for most people, these feelings don't last long.

Things you can do to help yourself:

Remind yourself **it is ok** to have strong, sometimes difficult and upsetting feelings after a traumatic accident.

You may find it helpful talking to someone like a parent, guardian or teacher about how you are feeling.

How Psychology can help...

Sometimes it might not always be easy to talk to a parent / guardian about how you are feeling...

And this is ok, but it's important that you know you can speak to someone else – this is where a **Clinical psychologist** can help!

Clinical psychologists are **trained to help** people talk about their problems, and any difficult emotions or experiences they may be having.

They can be **very understanding** and will help you deal with difficult thoughts and feelings you have after an accident.

Clinical Psychology - here to help

We offer help to anyone who may need emotional support following a traumatic accident.

We are here to talk to people about how they feel after their accident and the impact it has had on their lives.



What can we offer:

- We are able to see you on the ward while you are in hospital and / or as an outpatient when you are discharged home.
- We see individuals, couples or families.
- We are able to offer one off appointments or a series of appointments.
- We offer appointments for counselling, therapy and support.
- We are able to talk (with your consent) with other agencies that you are involved with, e.g. social services, other medical teams.
- We can offer information and guidance about other services.



What we can help with:

- Coping after a traumatic event.
- Help with symptoms if you have experienced a trauma, e.g. nightmares, images of the accident, distressing thoughts.
- Coping with an injury or illness.
- Coping with any treatment or medical care you're receiving.
- Support if someone you love has died.
- Low mood and anxiety in relation to being in hospital.
- Panic attacks.

On the initial meeting we will discuss confidentiality and issues related to consent.

You will also have the opportunity to ask any questions you may have.

All information that you share with us is treated confidentially unless there are concerns that you or someone else is at risk.

A space for notes and doodles:





What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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