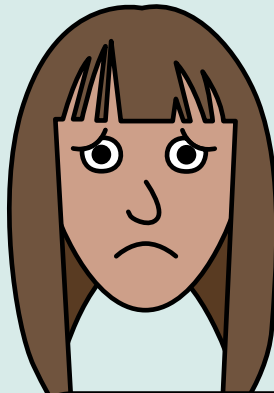


# What might happen if you have been strangled?

Information for patients



**Easy Read**

## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## strangulation

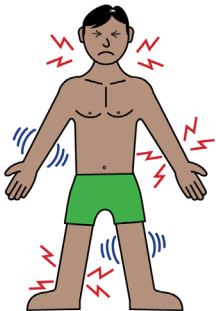


After any strangulation you must seek help.

If you are in danger or your injuries are life threatening call 999.

If your injuries are not life threatening call 111.

## aches & pains



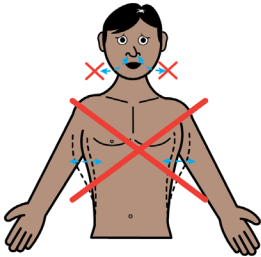
You might have symptoms of;

## neck pain



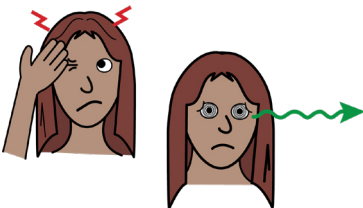
Pain in your neck

## breathing problems



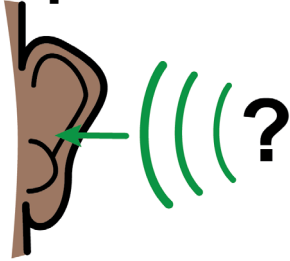
Difficulty breathing

## loss of vision



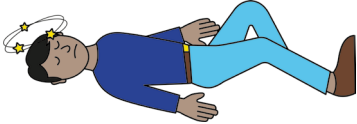
Loss of vision

## hearing problems



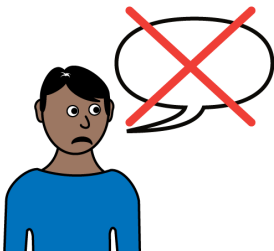
Difficulty hearing

## loss of consciousness



Loss of consciousness

## voice problems



Changes to your voice

**nausea &  
sickness**



Nausea/ sickness

**wet self**



Incontinence.

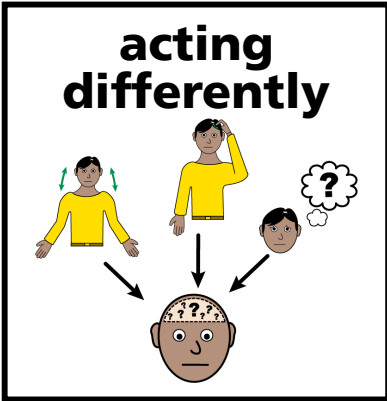
**sometimes**



Sometimes when people have been strangled, they might experience:



Flashbacks/ nightmares, this is where you go through the event again in your head.

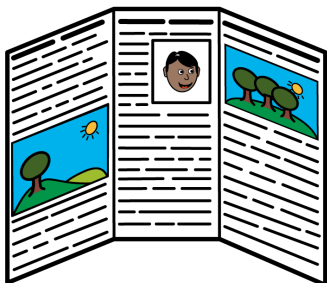


Difficulty understanding emotions- including anger or not feeling happiness from things the same as before.

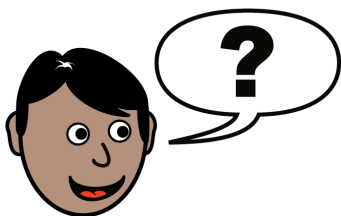


Increased anxiety.

## leaflets



## ask



There is support available.

Please see other leaflets about strangulation and getting help.

If you have any questions, you can ask the staff.



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: [leedsth-tr.ldautism@nhs.net](mailto:leedsth-tr.ldautism@nhs.net)



**What did you think of your care?**

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

***Your views matter***



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