

Community Wellbeing Toolkit

Feeling Safe,
Self Care,
and Getting Support.





Difficult or Traumatic Events

IT'S OK
NOT TO
BE OK

Feeling overwhelmed
and struggling to cope?



- Everyone responds differently to difficult or traumatic events.
- Witnessing conflict or acts of violence is upsetting for most people and can be traumatic for some.
- After a very upsetting or traumatic event, it's not uncommon to experience:
 - Bad dreams, flashbacks, intrusive thoughts
 - Difficult feelings: upset, worry, fear, anger, guilt, shame
 - Negative thoughts about self or others including blame
 - Acting differently: not wanting to go out or unable to enjoy things
 - Relationship changes: feeling detached or guarded against others
- After a traumatic experience some people may go on to develop mental health problems such as Post Traumatic Stress Disorder (PTSD), Anxiety or Depression – and for those that do, there is help available.
- Many people find that the negative effects go away over time and there are ways to self-help and feel better sooner.

How to feel better.



Give yourself time...

- Recovering from these thoughts and feelings can take time.
- Don't put yourself under too much pressure to feel better immediately.

Talk about it...

- It doesn't help to avoid talking about difficult experiences.
- Talking to someone you trust about what happened and your feelings about it can help you to feel better – it could help them too if they are going through the same.

Ask for support...

- Friends, family or others you trust will usually want to help and support if they know you're struggling, being with others helps avoid poor mental health.
- They can offer emotional support, help with practical tasks or just spending time doing normal things - all help improve our mood.

Stick to your routine...

- Try to keep doing the things you would normally do, even if that feels difficult – you have the right to feel safe in your community and carry on with your usual daily activities.
- Eating well, moving around, getting enough sleep and taking care of our responsibilities are all part of self-care and essential to mental health and wellbeing.

When to get help



Everyone deals with difficult events differently, many people recover with support from friends, family and community and while it's not uncommon to still feel upset from time to time it's important to know the signs that you or someone you know may need more support.



Feeling the same or worse over time?

It might be a sign to get help if you continue to feel very bad for more than a few weeks and don't seem to be getting better.



Feeling down?

If you're feeling sad or anxious most of the time, unable to sleep or think clearly, it's ok to ask for help.



Feelings getting in the way?

If you don't feel interested or able to do or enjoy the things you normally would, you should think about getting help.



Feeling overwhelmed?

It's important to get help if at any point you feel unable to cope.

For more information about getting help and support during difficult times visit:

<https://kindtoyourmindliverpool.co.uk/difficult-or-traumatic-events/>

How can I support someone?

There's lots you can do as a friend, family, community member or supporter of someone affected by difficult events:

- **Be there** – offer to spend time and if they refuse, remind them you're still there if they change their mind because talking and connecting is always helpful.
- **Listen** – respect when someone doesn't want to share, but if they do, try not to interrupt or feel you need to advise or share your own experiences, just listening is enough to help!
- **Ask how you can help** – offer to help them find extra support or someone to talk to if they need it. Do they need any practical support like some help around the house, shopping, preparing meals?



If you are really concerned don't be afraid to ask...

Are you thinking about self-harm or suicide?
Do you need immediate help?

Visit [Reach Out Liverpool](#) to find out more.

LET'S
HELP EACH
OTHER

Feeling down or don't enjoy
the things you used to?



Liverpool
City Council

Help and support in Liverpool



The Life Rooms offer support to improve mental and physical wellbeing including help with loneliness, money trouble, housing, employment and lifestyle.

Call 0151 478 6556 or visit www.liferooms.org to find out more and view a timetable of community events including support for anyone impacted by recent events.

Citizens Advice Liverpool provide free, impartial, confidential advice and information to people who live or work in Liverpool.

Find out more at <https://www.citizensadvice.liverpool.org.uk/> or on 0808 278 7840 and a general advisor will help, or put you in touch with someone who can.

NHS Talking Therapies at MerseyCare offer support to anyone who is struggling following recent events.

Get in touch on 0151 228 2300 or via the website:

<https://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies>

Anyone (16+) in need of immediate support with a mental health crisis can call the MerseyCare 24/7 freephone helpline on 0800 145 6570 to speak to a dedicated mental health professional and access urgent mental health support.

Liverpool's Libraries provide a warm and welcoming place of sanctuary, advice and support for anyone looking to feel safer or be with others during difficult times

<https://liverpool.gov.uk/libraries/>

**DON'T
STRUGGLE
ALONE**

**More bad days than good
and struggling to cope?**



Liverpool City Council

