



In the weeks after a traumatic event, it's common to experience symptoms of acute stress. Sometimes these symptoms persist for a few days or up to a month.

Causes include ...

Death, threat of death to oneself or others, threat of serious injury to oneself or others, threat to the physical integrity of oneself or others.

Who is at risk?

- Anyone exposed to a traumatic event (such as a wildfire, mass incident and herd death)
- Someone who has experienced, witnessed or been confronted with a traumatic event in the past
- Personal history of PTSD, acute stress disorder or other mental health concerns

Common symptoms

- Feeling numb, detached, or being emotionally unresponsive
- Reduced awareness of your surroundings or if your environment feels strange or unreal
- Feeling like you are reliving the event
- Having recurring images, thoughts, nightmares, illusions or flashbacks
- Avoiding people, conversations, places, objects and activities that remind you of the event
- Trouble sleeping, being irritable, difficulty concentrating
- Being constantly tense or on guard

If you are worried about someone, here are some opening statements to offer support.

CONNECT

"This situation has been just (awful, horrible, shocking, terrifying)."

EMPATHIZE

"It makes sense that you're feeling the way you are, given everything that has happened."

ELICIT

"What changes have you noticed about yourself since this has happened?"

REFLECT

"Sounds like you're not sure how to manage all of this."

NORMALIZE

"Seems to me that just about anybody who's had to go through this might need a hand."

OFFER

"How about I leave you a list of people you could contact if you needed someone to talk to, just in case you ever wanted it?"

NEED HELP?

THE HEALTHLINE | 811

24 hours a day, seven days a week, staffed by health professionals who can provide good guidance and support.

FARM STRESS LINE | 1-800-667-4442

24 hours a day, seven days a week, providing confidential crisis telephone counselling, support and referral information to individuals, youth and families living on the farm or in rural areas.

VETERINARY SOCIAL WORK, WCVM | 306-966-2852

Providing information and referral support to individuals needing mental health support.

211 SASKATCHEWAN

24 hours a day, seven days a week, Providing access to a database of over 6,000 community, social, non-clinical health, and government services across Saskatchewan.