



Families in Trauma

Relief, Belief and Understanding

Office 21

Fife Renewables Innovation Centre

Ajax Way, Leven, Fife, Scotland. KY8 3RS

Tel: 01333 278022

Info@familiesintrauma.co.uk
www.familiesintrauma.co.uk

Families in Trauma

may face some of these problems:

- Shock, Denial, Fear, Helplessness
- Anger, Guilt, Sadness, Shame

This Can Lead To:

- Sleeplessness, vivid dreams or nightmares
- Poor concentration - memory problems
- Headaches, changes in appetite
- Aches & Pains
- Racing heart



and can also lead to:

- Isolation
- Physical health problems
- Mental health problems
- Sickness absence
- Stigmatisation
- Anxiety
- Depression
- Debts
- Marriage breakup
- Family breakdown
- Loss of job
- Loss of self esteem
- Suicide of family member

may need:

- Time . . .
to understand what has happened
- A listening ear
- Friends or relatives trust
- Understanding G.P. or Health Adviser
- Support Groups (Physical or On-line)
- Talking it over
- Direction & Signposting
- Access to relevant information & support
- Get back into routines
- Take care of own personal needs



Will Provide:

For Families

- Access to online interviews with families in similar situations
- A growing library with a wide variety of topics
- Downloadable resources
- Online forums
- Signposting to relevant support organisations
- Social media support pages

For Individuals / Organisations who support families in trauma

- Access to online video library
- Downloadable resources
- e-Learning Modules for practitioners who support families in trauma.

(These modules will be produced using video clips from the FIT library and trained certified personnel)



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