

*So you've been in  
an accident...*



A booklet just for you

As you would know, accidents are unexpected and often very scary experiences. At the moment, things are probably quite different to how they normally are.

Maybe you are feeling different to how you normally feel. You might be wondering...

- *"Do other people think and feel the same way as me?"*
- *"How long will these feelings last?"*
- *"Will I be okay?"*
- *"What is helpful for me to think and do, and what is not so helpful?"*

If so, lots of people ask these questions after an accident, and this small book will give you some answers.



## Do other people think and feel the same way as me?

- There are many *different* ways people can feel after an accident.
- Some people will not feel very different to before, but many will feel upset - this is normal and even expected.



- When something bad happens, it is okay to feel worried, scared, sad, or even angry.
- If you do have these feelings, remember that these are *common* in people who have had an accident.

- It is also common to have one or more of these:
  - *Feeling annoyed, feeling like no one can help*
  - *Feeling tired, having problems sleeping, having nightmares about the accident, feeling wide-awake, feeling a bit sick or not feeling hungry.*



- *Forgetting things, having thoughts about the accident that pop into your head when you are trying to stop them, finding that school work is a little harder than usual.*
  - *Not wanting to be with people as much as before, being afraid to be alone, maybe more grumpy with friends and family*
- Maybe you are feeling some of these things already, or maybe some of these feelings will come up over time.

## How long will these feelings last, and will I be okay?

- For most people, these feelings will not last very long at all.
- So don't worry if you do have these feelings that sometimes get in the way of what you really want to do, because they are normal and probably won't last for long.



- Sometimes you will have these feelings for a few weeks.

## What might help...



- Remind yourself that it's okay to have strong feelings after something bad or scary happens.
- Also remind yourself that there are many *different* ways people deal with being in an accident.
- If you want to, let your parents know about any thoughts and feelings you have about the accident.
- When you are ready (and when your Doctor thinks it's okay), try to start doing all your *normal* things again. If you are having trouble with this, you might want to let Mum or Dad know so that they can support you if you need it.



...And what might not help at all:

- Try not to be *surprised* if you feel upset at first.
- Try not to think that there is a *right* way to think, feel or act after an accident. All people are different, and we all deal with things in different ways.

Some helpful people to talk to (if you want to):



- If you feel like you want to talk to someone, it might be helpful to talk to one of your parents.
- If you want to talk to some other people after Mum or Dad, you might also want to talk to your family Doctor or your School Counsellor



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