

Media release

28 November 2014

Coping with Trauma and Loss

Relationships Australia was saddened to hear of the death of the Australian cricketer Phillip Hughes. Our thoughts are with the Australian cricket community and especially the Hughes family.

Mat Rowell, Chair of the Relationships Australia National Board said: "The death of Phillip Hughes is traumatic for many people as the community reacts with fear and helplessness at the situation. If you are feeling overwhelmed by any traumatic situation talk to a friend or seek professional support."

Tips for managing trauma after an event include:

- Recognise that you have experienced a trauma and give yourself permission to react to it.
- Talk to friends about the experience or seek professional help if you need to.
- Let your friends and family know of your needs. Help them to help you by letting them know when you are tired, need time out, want to talk or just be with someone.
- Gradually confronting what has happened will assist in coming to terms with the traumatic experience.
- Express your feelings as they arise. Whether you discuss them with someone else or write them down in a diary, expressing feelings often helps the healing process.
- Remember to get enough rest, eat a balanced diet and exercise regularly.
- Avoid overuse of alcohol or other drugs to cope.^{Ref}

About Relationships Australia

Relationships Australia provides counselling for individuals couples and families; parenting and relationship education; support for families going through separation; employee assistance programs for companies; and training for family support professionals. Relationships Australia is part of a national network of over 150 centres.

To find out more about Relationships Australia services call 1300 364 277.

If you are in crisis phone Lifeline on 13 11 14.

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Ref: Australian Psychological Society website, Understanding and Managing Psychological Trauma