

What to expect as recovery continues:

Families and friends become co-survivors. They will develop their own post-trauma feelings.

Situations that strongly remind the survivor of the critical incident will induce post-trauma feelings.

If the situation goes to court, court dates may induce post-trauma feelings.

Anniversaries of the event (1 week, 1 month, 1 year, 10 years, etc) might bring all the memories back and induce post-traumatic feelings.

Similar events seen on the news, read about, or heard about may bring back memories and induce post-traumatic feelings.

The survivor's life will be changed forever.

Post-traumatic feelings will decrease in intensity and frequency with appropriate treatment, but will not go away completely.

Remember that drinking, abusing drugs and overeating are just ways of medicating your feelings. These types of coping will only add to the situation and aggravate the problem.

**Putnam County Crisis Hotline (toll-free)
1.800.468.4357**

AS RECOVERY CONTINUES...