

Self Help Resources – Useful sites & Information

Trauma / Post-traumatic Stress

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

Coping with traumatic event – Mind's list of resources for coping after a traumatic event including a link to information on self-care for PTSD.

www.mind.org.uk/news-campaigns/coping-with-traumatic-events/

Coping After a Traumatic Event – A factsheet from the Royal College of Psychiatrists.

www.rcpsych.ac.uk/healthadvice/problemsdisorders/copingafteratraumaticevent.aspx

Survivors Assistance Network provides free practical and emotional support to people affected by a terrorist incident.

www.survivorsassistancenetwork.org/

Post-traumatic stress disorder (PTSD) – NHS information on PTSD with a link to treating PTSD.

www.nhs.uk/conditions/Post-traumatic-stress-disorder/Pages/Introduction.aspx

Last updated: Sept 2017