





### When to seek professional assistance:

Every person will have an individual trauma response based on the type and severity of the experience, their age, gender, resilience and other psychosocial factors. However, in some instances the impact of trauma can disrupt a person's health and everyday living. You should seek professional assistance if the symptoms resulting from the trauma are too distressing or last for more than three or four weeks.

Warning signs may include:

- Being unable to handle the intense feelings or physical sensations
- Feeling numb and empty
- Continuing to experience strong distressing emotions
- Continuing to have physical symptoms of being tense, agitated and on edge
- Continuing to have disturbed sleep and/or nightmares
- Having no-one to support you and with whom you can share your feelings and emotions
- Having relationship problems with friends, family and colleagues
- Increasing your use of alcohol or drugs.

### Other resources available:

The *Mindframe* website ([www.mindframe-media.info](http://www.mindframe-media.info)) provides additional information:

- [Quick guides](#)- for reporting suicide and mental illness
- [Royal Commission tip sheet](#)- support for reporting on the Royal Commission into Institutional Responses to Child Sexual Abuse
- [Story sources and contacts](#) –including contact information for expert comment
- [Facts and stats](#) – including updated information that can be used in a story or to provide context.

The Dart Centre for Trauma and Journalism ([www.dartcenter.org](http://www.dartcenter.org)) offers a range of specialised training materials for journalism staff, including:

- [Best Practices in Trauma Reporting](#) -How and where does one begin to learn how to write about violence and trauma?
- [Tragedies and Journalists](#) -A 40-page guide to help journalists, photojournalists and editors report on violence while protecting both victims and themselves
- [Covering Children and Trauma](#) -When children are victims of violence, journalists have a responsibility to report the truth with compassion and sensitivity.

