

CRISIS

Crisis events or situations can cause you to feel stressful and stretched beyond your ability to cope. Examples include job loss, death of loved ones, divorce or acts of terrorism.

Terrorist acts conducted by individuals or groups aim to achieve their goals by creating fear amongst the public. The consequences of such acts may be considered a crisis. Examples of such acts include the 9/11 attacks in New York City and the 2016 attacks in France.

REACTIONS TO CRISIS

People react to crisis situations differently. The reactions also depend on the magnitude of the attack and individual differences. Some may show symptoms in response to a terrorist attack while others may not. It is crucial to be able to identify the symptoms in yourself or others should they arise.

It is normal to experience symptoms when experiencing a terror attack. However, if your ability to perform daily routine activities is affected, you should seek professional help.

Open up the brochure to learn more about the symptoms you may experience and tips to cope following a terrorist attack.

USEFUL RESOURCES

HOTLINES

Samaritans of Singapore (SOS)
1800 - 221 4444 (24 hrs)

ComCare Call
1800 - 222 0000

Counselling & Care Centre
6536 6366

IMH Mental Health Helpline
6389 2222 (24 hrs)

PPIS Family Service Centers
For Malay communities
6561 3462 (West) / 6848 4661 (East)

Care Corner (Mandarin) Singapore
For Chinese communities
1800 - 353 5800

SINDA (Singapore Indian Development Association)
Family Service Centre
For Indian communities
1800 - 295 4554

RESOURCES

SGSecure Website
<http://www.SGSecure.sg>



SGSECURE
STAY ALERT. STAY UNITED. STAY STRONG.

COPING WITH CRISES

**A guide to coping
with post-traumatic
stress after a terror
attack**

WHAT YOU MAY EXPERIENCE FOLLOWING A TERRORIST ATTACK

Symptoms

- Falling sick easily
- Cold sweat, sudden sweating
- Crying
- Involuntary shaking
- Change in sleep patterns
- Sleep disturbances
- Changes in appetite
- Choking in throat
- Dry mouth and nausea
- Diarrhoea/Constipation
- Rapid heartbeat
- Breathing difficulty
- Headaches
- Backaches

Feelings

- Fear felt during and after the terror attack
- Anger at what has happened, and whoever has allowed it to happen
- Sadness for injuries, death and loss that occurred
- Shame for being helpless, or for not having reacted as one should have
- Guilt for surviving, or because you did not do enough

Mental Sensations

- Overly alert
- Forgetfulness
- Poor concentration
- Loss of sense of reality
- Flashbacks of incident
- Easily irritated
- Inability to feel positive
- Recurring thoughts of trauma
- Sense of loss

Do



Try to be patient with yourself and others. Healing takes time.



Resume your daily routine and keep yourself occupied.



Remember your loved ones with photographs and personal keepsakes.



Avoid watching/reading news reports on the attack if it evokes unpleasant feelings.



Apply strategies that worked when coping with past difficulties, e.g. talking to loved ones.



Reassure children that this is a random event and this is still a relatively safe world.



Engage in deep breathing exercises to help you relax if you feel tense and anxious.



Opening up may seem difficult, but talking to others with similar experiences can be the first step to healing the pain you feel.

Don't



Do not rely on alcohol or drugs to numb your feelings or reactions.



Do not avoid people of other race and/or religion.



Do not think that no one can understand you and thus isolate yourself from others.



Do not worry about things you cannot control.