



We can't emphasise enough the value of good mental health education in dealing with trauma reactions.

Imagine for a minute that you suddenly have a problem that you have never before encountered. The people around you don't know how to deal with it and feel anxious about how it's affecting you. The symptoms make you feel like you're losing your mind and your body is completely out of whack. Worse still, you can't stop thinking about the problem and can't sleep. You are on a downward spiral - why are you feeling like this? Will you ever get better? You may start worrying more about the reactions you are having than you do about the cause of the problem itself.

Now imagine that someone has previously explained to you why your body and brain may react this way following traumatic exposures . It starts to make sense in a language that you can relate to. Not only that but they tell you why it is happening and what you can do to help the reaction settle. They help you find resources that give you back a sense of control. They help with stopping the downward spiral because you now have the knowledge and support to work through it early before the symptoms become entrenched.

Does that feel better? Does it make sense? That's what we call mental health education.
Education will help you understand trauma reactions and to stay at work.



**Mental health education
is as important as
learning how to stay safe
on the fire ground.**

**Post Traumatic Stress –
Recognise the early
warning signs and don't
ignore them.**

**Know the difference
between a normal
reaction to trauma and
an abnormal reaction.**

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**info@pickingupthepeaces.org.au
pickingupthepeaces.org.au**



**PICKING UP
THE PEACES**

PTSD EDUCATION & AWARENESS

