

### Psychosocial Emergency Response Team

- A multidisciplinary support and advice group comprising personnel from the psychiatric health service, district nurse service, Pedagogic Psychological Services (PPT), ministry and health administration
- Forms part of the emergency preparedness organisation for the municipality of Haugesund
- Can be activated in situations of emergencies, serious accidents and disasters
- Activated by the emergency management or the emergency clinic
- Provides psychological first aid, care and support during the emergency response phase following a traumatic incident
- Facilitates contact with the ordinary support system

### Who can get help from the emergency response team?

- Anyone who either permanently or temporarily resides in the municipality who experiences serious, dramatic and traumatic incidents, such as suicide, sudden and unexpected deaths associated with accidents or murders, or sudden and unexpected threats to life and health. This applies to those who are directly affected, their next of kin or witnesses of incidents.

### How can I get help?

- Call Haugesund Emergency Clinic on 116 117.

### Some useful information to remember

- It is normal to experience strong reactions following dramatic and abnormal events.
- These reactions will vary depending on the incident itself, a person's past experiences and the support that a person has around them.
- Support and care during the emergency response phase will have a preventive effect in relation to future health problems.
- Common reactions include difficulty sleeping or concentrating, mood swings, anger and irritation, anxiety and restlessness and depression and associations that give rise to painful memories. This can affect your ability to work or your performance at school. Such reactions will normally diminish after a few weeks.

### Some good advice

- Seek the support of family and friends.
- Make sure you eat and drink regularly.
- Light physical activity may have a calming effect.
- Avoid coffee when you feel restless.
- Avoid the use of sedatives, such as alcohol or drugs.
- Seek help from your GP or others in the support system if your problems persist.