

INFORMATION FOR VICTIMS AND WITNESSES

You have just experienced AN EXCEPTIONAL EVENT.

Maybe you were afraid, you felt you were in danger, you were injured : you have probably suffered from **severe emotional reaction** or **psychological distress**.

1 - Severe Emotional Reaction :

At the time, you felt very anxious. This may often lead to unusual behaviour or attitudes. For example, feeling of distress, inhibition or excitation, aggressiveness, shaking, malaise, wandering automatically, etc.

* We advise you to consult a specialist physician or psychologist, either immediately at the "Cellule d'Urgence Médico-Psychologique" (**CUMP**) on the site, or at the emergency department of the hospital to which you have been referred.

2 - Psychological Distress :

At the time of the event, you either experienced the effects of distress, but you might not have experienced any emotional reaction at all.

In this case however, over the following days or weeks, or even later, you may have the feeling that the event was recurring, or you saw pictures of the experience in your mind.

These pictures are often distressing, and may occur during the day or at night, in the form of nightmares. This reexperiencing of the event can induce insomnia, depression, anxiety, feeling of malaise or insecurity, irritability, which can interfere with your family or professional life.

Children may also suffer such symptoms.

* In this case, you should consult a physician or psychologist specialised in posttraumatic stress disorder. Your general practitioner will give you several addresses where you can make an appointment with a physician or psychologist.

* **INFORMATION** : In order to be covered and compensated as a victim, you must have been identified either at the site or in the emergency department, by the rescue units or by the hospital administration. Associations for victims aid will support you during administrative proceedings.

* **WARNING** : During the first weeks after the event, we advise you to avoid making any declarations to journalists, particularly to the radio or television, as experience has shown that you could subsequently regret your words delivered in the state of anxiety or anger induced by the trauma.