



VICTORIA • COUNSELLING, SUPPORTING & EDUCATING

Road Trauma Support Services Victoria (RTSSV) is a not-for-profit organisation contributing to the safety and wellbeing of Victorian road users. We provide counselling and support to people affected by road trauma, and address attitudes and behaviours of road users through education.

As the only organisation of its kind in Victoria, we provide the following services across the state:

- Free, professional face-to-face and telephone counselling
- Support and training
- Education programs

For more information about what we do, please call us or visit our website.

Suite 2, 109 Whitehorse Road  
Blackburn Vic 3130  
Tel: 03 8877 6900  
Fax: 03 9877 9799  
Email: [info@rtssv.org.au](mailto:info@rtssv.org.au)

1300 367 797 | [www.rtssv.org.au](http://www.rtssv.org.au)

**Donations of \$2 or more are tax deductible.**



VICTORIA • COUNSELLING, SUPPORTING & EDUCATING

# Drivers involved in a non-fatality



[www.rtssv.org.au](http://www.rtssv.org.au)

## Drivers involved in a non-fatality

If you, as a driver, have been involved in a collision, it is important to acknowledge that you did not have any intention of this happening.

You are probably experiencing a wide range of thoughts and feelings, and we hope the following information will be helpful to you.

You might notice some trauma reactions such as – flashbacks, sleep difficulties, anxiety, confusion, guilt, anger, disbelief, irritability, wanting to withdraw from others, avoiding reminders of the collision (eg. the site of the crash), shaking and lack of concentration.

Sometimes people become preoccupied with what happened in the crash and the events following it. You may be fearful of driving again or become self critical and question whether the collision could have been prevented. In addition, you may be dealing with your own injuries or concerned about injuries to others.

These are normal and natural reactions to what you have gone through and are to be expected at this difficult time.

As a driver involved in a road collision you may experience trauma and grief in a similar way to others who were at the scene, but might find your distress is unrecognised. Whether or not you were responsible for the collision you may experience a complex range of emotions including guilt, remorse and judgment. It may be difficult to talk about what you went through and express your feelings. This can lead to a sense of isolation.

You may be worrying that you will be charged with a driving offence. As a police investigation can take some time, planning ahead and getting on with your life can be difficult until the matter is finalised.

### What can help?

- Recognise that you have been through a traumatic event. Having time and space to acknowledge what you have experienced is important
- Recurring flashbacks, dreams and thoughts about the trauma are normal. Don't try to fight them, they will decrease in frequency as time passes
- Find someone who is a good listener, talk about what you are thinking and feeling
- Take care of yourself. Get plenty of rest. Eat regular, well balanced meals. Exercise regularly. Try not to use alcohol or drugs to numb the pain. Reduce your use of stimulants such as coffee, tea, cola and cigarettes
- Take time out to relax
- Try to resume a normal routine as soon as possible
- Ask for help when needed

### Who can help?

At times like these, supportive family and friends can provide the most help. However, following a road collision, it can also be helpful to speak to someone outside of your normal network. If symptoms persist speaking with a trained professional can be useful.

Road Trauma Support Services Victoria has professional counsellors who can offer you a safe and supportive space to discuss your concerns. The counselling service is free of charge and operates between 9am-5pm Monday to Friday.

**To make an appointment call 1300 367 797**