

Traumatic grief

Language: Simplified
Chinese

Cruse
Bereavement
Support

创伤性悲伤

当亲友以创伤性的方式离开人世时，我们可能很难受。

什么是创伤性丧亲？

创伤性丧亲的原因包括事故、自杀、吸毒、酗酒和暴力。您或逝者可能涉及重大事故或恐怖事件。或者您的亲戚或朋友可能患有冠状病毒，您可能无法和他们在一起。

创伤也可能发生在任何突然或意外死亡后，或者当您目睹某人遭受痛苦时。

经历创伤性损失后的感觉

某些反应和感觉在创伤事件发生后的几个小时、几天、几周、几个月和几年里是非常常见的。这些感觉可能是非常强烈和令人害怕的。人们跟我们说，他们感到自己正在失去控制或“发疯”。但对大多数人来说，随着时间的推移，这种感觉会变得不那么强烈。

不愿相信

如果您没有为死亡做好心理准备时，您可能很难相信或接受已经发生的事情。如果您不能和逝去的人在一起，或拥抱他，通常会有这个问题。

解决办法

要花很长时间才能接受所发生的事情。您可以采取一些有用的措施。

- 前往逝者离开人世的地方看看。
- 与其他相关人员交谈。
- 在重要的地方放置花圈。
- 参加追悼会或其他纪念仪式。

损失的某些方面可能永远无法解释。您可能需要忍受未知的不确定性。

感觉麻木

麻木是我们的大脑保护自己免受精神痛苦的方式。有时您可能无法清晰地思考，或者感到困惑。有时，您可能无法表达任何情感。在紧急情况下，超然的思考可以帮助您继续前进。如果之后这种情绪仍然继续，可能会有问题。

解决办法

- 虽然回忆是痛苦的，但尽量不要埋葬它们。
- 用自然的方式来表达您的悲伤。您可能需要哭，甚至愤怒。
- 跟别人说说发生了什么。找一个您可以信任的人，他会是一个很好的倾听者，不要担心，有一段时间您可能看起来无助，或感到无助。

萦绕心头的影像或重现

许多人在经历了创伤性事件后，脑海中会萦绕着画面。有些人还会听到声音、闻到气味或者某种味道一直很难忘。即使您不在现场，电视或其他图片也可以让您想起亲友离世的可怕方式。

您可能会毫无预兆地看到一些事情，它们也可能在梦中出现，或反复以梦魇的形式出现。它们可能是由噪音、哭声或喊叫声等触发的。如果严重，这些反应被称为“创伤后应激障碍” (PTSD)。

解决办法

与某人交谈。有时可以通过与他人交谈、回顾事件直到您习惯它们来缓解萦绕在心头的图像。这些图像可能不会消失，但它们通常会变得不那么令人不安，更容易接受。

如果这些图像阻止了您哀悼或继续生活，那么您应该和您的全科医生谈谈，转诊至专家治疗。

痛苦和哭泣

您可能会感到情绪和/或身体上的疼痛，这可能让人难以承受，令人恐惧。有些人会哭得很厉害，但不是每个人都以同样的方式表现痛苦。您可能会觉得难以完成日常工作。很难集中注意力。

解决办法

交谈可能是最有帮助的事情之一。与朋友和家人，或者与 Cruse 或其他支持组织聊聊。

每个人都需要找到自己的应对方式。在面对悲伤和避免悲伤之间找到自己的平衡是很重要的，也要花时间照顾自己。

愤怒

愤怒是一种非常自然的反应，特别是如果死亡是由暴力、恐怖主义或疏忽大意造成的。

它可能是针对那些造成创伤的人、权威人士或近在咫尺的人。有些人可能会发现对自己最爱的人大发雷霆。

解决办法

如果可以的话，在大发雷霆之前，和别人谈谈。记住，如果愤怒得到控制和引导，它可以成为一种向善的力量。

如果您说了，或做了伤害别人的事，不要傲慢得不道歉。和别人交谈会帮助他们理解，大多数人都是真心想要帮助别人。

锻炼是一种非常有用的方法，可以消耗掉您生气时感受到的能量。

负罪感

人们很容易抓住某人做过或没做过的事情，试图找到一个可以责怪的人。我们常常责怪自己。在我们的内心深处，我们甚至会觉得，如果我们惩罚自己，我们会重新把事情做好，找回我们失去的人。

解决办法

您不能选择您的感觉。您可以接受，但重要的是要记住，惩罚自己不会改变任何事情。

它可以帮助找到一个发泄悲伤的渠道，例如写下您的感受，或给逝者写一封信。

恐惧

我们都知道灾难会发生，但大多数时候我们在经历生活时都觉得自己很安全，不会受到严重伤害。当创伤性的事件发生时，一瞬间世界变成了危险的地方。我们不能认为任何事情都是理所当然的，可以说我们正在等待下一次灾难发生。

恐惧会导致身体症状，包括肌肉紧张、心跳加速、出汗、呼吸困难和失眠。

解决办法

- 恐惧的症状很正常。理解您的感受，可以让它不那么可怕。头痛、背痛、消化不良，甚至惊慌，都是自然反应，随着时间的推移会减少。
- 放松练习、冥想技巧、芳香疗法或任何有助于放松的东西都会让您重新掌控自己的情绪之中。
- 如果您正在努力应对焦虑或恐惧，可以考虑和您的全科医生谈谈。

失去意义

在遭受创伤性损失后，很难恢复正常生活。有时很难找到继续生活下去的理由。

解决办法

创伤后需要时间和工作来调整。您不能指望发生事情后，不受到任何影响。

如果您觉得生命不值得过，或者想结束自己的生命，寻求帮助是非常重要的。

可以提供帮助的地方：

- 国民健康保险制度（NHS）提供紧急精神健康帮助热线清单。
- 您可以联系您的全科医生，让他们转诊到当地的精神健康服务机构。

联系 Cruse 的帮助热线

如需更多帮助，但又不会说英语，我们可以通过一个名为 **LanguageLine**（语言热线）的服务，为您提供帮助。

帮助流程

1. 拨打 **0808 808 1677**。
2. 您将会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望获得我们的服务，如果无人应答，请您稍后再尝试拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他们您的语言。
4. 随后我们的志愿者会打电话给我们的翻译服务，您将会听到他们在和其他人沟通连线，请您不要挂机。您可能需要等待几分钟。
5. 接着口译员会加入通话，协助您和帮助热线的志愿者沟通。

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

6. 因为这是一个三方对话，它会比通常的帮助热线电话需要更长的时间，所以请您耐心等待。

我们的求助热线服务时间如下：

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

English version

Traumatic grief

When someone dies in a traumatic way, it can be difficult to cope.

What is traumatic bereavement?

Traumatic bereavement may include dying in an accident, by suicide, through drugs and alcohol, or as a result of violence. You or the person who died may have been involved in a major accident, conflict or terrorist incident. Or your relative or friend may have had coronavirus and you might not have been able to be with them.

Trauma can also happen after any sudden or unexpected death, or where you have witnessed someone suffering or in pain.

Feelings after a traumatic loss

Some reactions and feelings are very common in the hours, days, weeks, months and years after a traumatic event. These feelings can be very strong and frightening. People tell us they feel they are losing control or 'going mad'. But for most people the feelings do become less intense over time.

Disbelief

When you're not prepared for a death it can be difficult to believe or accept what has happened. This often a problem if you couldn't be with or hold the person who died.

What can help

It takes a long time to take in what has happened. There are some things you can do to help.

- Visit the place where the person died or look at pictures.
- Talk with others involved.
- Place a wreath in a significant place.
- Attend memorial services or other rituals of remembrance.

There may be aspects of the loss that will never be explained. You may need to live with the uncertainty of not knowing.

Feeling numb

Numbness is our mind's way of protecting itself from mental pain. Sometimes you may be unable to think clearly, or become confused. At other times you might not be able to express feelings of any kind. In an emergency putting your feelings to one side can help you to keep going. If it continues afterwards it can become a problem.

What can help

- Although the memories are painful, try not to bury them.
- Show your grief in any way that feels natural. You might need to cry, or even rage.
- Talk about what happened. Find someone you can trust who will be a good listener and don't worry if, for a while, you look or feel helpless.

Haunting images or flashbacks

Many people are haunted by pictures in their minds after a traumatic event. Some also experience sounds, smells and tastes. Even if you were not there, television or other pictures can also 'bring home' the awfulness of the way a person might have died.

You may see things without warning and they may also come up in dreams or as recurrent nightmares. They may be triggered by reminders such as loud noises, cries or shouts. In severe form these reactions become known as 'Post-Traumatic Stress Disorder' (PTSD).

What can help

Talk to someone. Haunting images can sometimes be eased by talking to others, going over the events until you get used to them. The images may not disappear but they usually become less disturbing and easier to live with.

If the images are stopping you from grieving or getting on with your life, then you should speak to your GP about being referred to specialist services.

Pain and crying

You may feel emotional and/or physical pain which can be overwhelming and frightening. Some people will cry a lot but not everyone shows pain in the same way. You may find it difficult to do everyday tasks. It can be hard to concentrate.

What can help

Talking can be one of the most helpful things – to friends and family, or to Cruse or another supportive organisation.

Everyone needs to find their own way of coping. It's important to find your own balance between confronting grief and avoiding it, and take time to care for yourself as well.

Anger

Anger is a very natural reaction, particularly if a death was caused by violence, terrorism or negligence.

It may be directed against those who caused the trauma, an authority figure or the people nearest to hand. Some people may find themselves hitting out at the people they love the most.

What can help

If you can, talk with someone before you get to a point of feeling you will lash out. Remember that anger can be a force for good if it is controlled and directed.

If you have said or done things that have hurt others, don't be too proud to apologise. Talking to someone will help them understand, and most people genuinely want to help.

Exercise is a really helpful way to use some of the energy you feel when you're angry.

Guilt

It is easy to seize on something that someone did or didn't do in an attempt to find someone to blame. Often we can blame ourselves. At the back of our minds we may even feel that, if we punish ourselves we will make things right again and get back the person we have lost.

What can help

You do not choose the way you feel. You can accept it but it's important to remember that punishing yourself won't change anything.

It can help to find an outlet for grief, for example writing about how you feel or writing a letter to the person who died.

Fear

We all know that disasters happen, but most of the time we go through life feeling that we are safe and protected from serious harm. When a traumatic event happens, in a moment the world has become a dangerous place, we can take nothing for granted, and we are waiting for the next disaster.

Fear causes physical symptoms including tense muscles, racing heart, sweating, breathlessness and sleeplessness.

What can help

- The symptoms of fear are very normal. Understanding what you are feeling can make it less frightening. Headaches, backaches, indigestion, even feelings of panic, are natural reactions that will decline as time passes.
- Relaxation exercises, meditation techniques, or whatever helps to relax you will put you back in control.
- Consider talking to your GP if you are struggling to cope with anxiety or fear.

Loss of meaning

After a traumatic loss it can be hard to return to normal life. Sometimes it can be difficult to find a reason to go on.

What can help

It takes time and work to adjust after a trauma. You can't expect to be the same person afterwards.

It is really important to seek help if you find you are having feelings that life is not worth living, or thinking of ending your own life

Places to look for help:

- The NHS has a list of urgent mental health helplines.
- You can contact your GP about getting a referral to local mental health services.

Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.

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帮助热线: 0808 808 1677

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6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm