

Crime Hurts . . .Emotionally and Physically

Common Reactions of Crime Victims

- Shock and disbelief
- Anxiety, fear, panic
- Nervous, jumpy, easily startled
- Withdrawal from others, isolation
- Fear of being alone
- Disorientation or confusion
- Difficulty concentrating
- Worrying
- Self blame, shame or guilt
- More likely to get sick, catch colds
- Nightmares or change in sleep patterns
- Changes in appetite
- Stomach upsets
- Unusual aches and pains

You Can Help Yourself

- Talk and/or write about your reactions
- Connect with others
- Know that your reactions are common
- Cry or let your grief out
- Limit your exposure to media-no news is good news for a while
- Take care of yourself: eat well, exercise, sleep, do things you enjoy, do something relaxing
- Help others
- Hug those you love
- Pray or meditate
- Seek support through the **Good Samaritans**
CALL 432-2224
24-hours a day
7 days a week



The Good Samaritans will:

- ✓ Help you secure your home - repair a broken door or window, or perform a safety assessment - to make you feel safe again
- ✓ Help you replace personal and identification documents, such as your driver's license
- ✓ Connect you with local service providers who can assist you and your family members
- ✓ Explain the court system and how to access victims compensation
- ✓ Offer emotional support



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John Tyson Jr., District Attorney