

## WHEN TO SEEK PSYCHOLOGICAL HELP?



- \* TENSION DOES NOT EASE AFTER THE EVENT
- \* YOU EXPERIENCE SUFFERING
- \* YOU KEEP THINKING ABOUT WHAT HAPPENED
- \* YOU ARE PLAGUED BY INVOLUNTARY FLASHBACKS OF THE EVENT
- \* YOU CANNOT SLEEP
- \* YOU HAVE NO APPETITE AND ENERGY
- \* IT IS DIFFICULT TO TAKE CARE OF YOURSELF OR OTHERS
- \* IT IS DIFFICULT TO PERFORM DAILY ACTIVITIES
- \* YOU OFTEN INDULGE IN ALCOHOL OR OTHER SUBSTANCES
- \* YOU ARE CONSIDERING SUICIDE

## WHERE TO SEEK HELP?

- \* **Free emotional support lines:**
  - o Men's line **+370 670 00027**  
(Mon-Fri 10:00-14:00)
- \* Mental health centres at polyclinics
- \* Crisis Management Centre  
**+370 640 51555** (Mon-Fri 16:00-20:00,  
Sat 12:00-16:00)



- \* Mobile crisis coping team **1815**
- \* Psychologists of the Lithuanian Red Cross **111**
- \* Private psychologists, psychotherapists, and psychiatrists.

## SELF-HELP IN CASE OF CRISIS



## HOW DO WE REACT WHEN EXPERIENCING BIG STRESS?

During a crisis, we react with our entire being – body, emotions, thoughts, and behaviour.



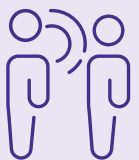
**Body:** Heart palpitations, sweating, trembling, muscle tension, nausea, headaches, insomnia.



**Emotions:** Shock, confusion, anger, sadness, panic, apathy, fear.



**Thoughts:** Difficulty in grasping the situation and making decisions, uncertainty, and helplessness.



**Behaviour:** Crying, anxiety, aggressive behaviour, fleeing from the scene, freezing, distancing oneself from others, loss of appetite, difficulty taking care of oneself and loved ones.

**People react very differently.** There is no single normal way to react to a crisis situation. It is important to know that **reactions change over time:** usually, people experience the strongest physical and emotional reactions immediately after the event, and over time, the reactions subside. However, it can also be the other way around – after the initial shock and freeze, a person begins to realise what happened, and is overwhelmed by strong emotions.



## HOW TO TAKE CARE OF ONESELF?

- ✿ **TAKE CARE OF YOUR BODY:** get enough sleep, eat healthy, and exercise. Avoid tobacco and alcohol.
- ✿ **SOCIALISE:** talk about your experiences with family or friends, spend time together.
- ✿ **ALLOW YOURSELF TO RELAX:** find time for breaks and quiet moments. Go for a walk, breathe deeply and calmly.
- ✿ **LIMIT THE TIME** you spend reading the news.
- ✿ Engage in **ENJOYABLE ACTIVITIES.**



