

USEFUL INFORMATION FOR VICTIMS AND SURVIVORS OF VIOLENCE

Violent situations can trigger traumatic responses. It's essential for these reactions to be understood so that the affected individuals can receive special attention towards their recovery.

SELF-CARE AND WELL-BEING ADVICE FOR VICTIMS AND SURVIVORS

- In the aftermath of a traumatic experience, you may notice some changes to your usual state, such as:
 - Fear, anger, or apathy;
 - Headaches, nausea, changes in eating patterns;
 - Difficulties with concentration, memory, or communication;
- Remember that all these reactions, as long as they don't endanger your life or others, are normal considering the experience you've been through;
- Be patient with yourself and allow time for your recovery;
- Limit your exposure to media – constantly reliving the traumatic event can increase stress and anxiety;
- Feel free to express your emotions – they are crucial to your recovery process. If you feel the need to cry, do so; allow yourself moments of joy in the process – it doesn't mean you've "forgotten" the traumatic event or that you're not still suffering;
- Practice a healthy diet and try to maintain a good sleep routine;
- Stay active by engaging in regular physical exercise;
- Seek relaxation activities like meditation, yoga, and spending time outdoors;
- Try to reestablish your daily routines as much as possible – maintaining a routine can be helpful in the recovery process;
- Avoid harmful coping strategies such as excessive alcohol or drug consumption;
- Ask for help – whether it's from family and friends, contacting people who have been through a similar experience or support groups, seeking assistance from a mental health professional, or reaching out to victim support organizations.

SUPPORT AVAILABLE FROM APAV (PORTUGUESE ASSOCIATION FOR VICTIM SUPPORT)

The Portuguese Association for Victim Support (APAV) offers specialized services for various violent situations, providing support to all individuals affected by a crime, including victims and survivors.

At APAV, you can find practical, emotional, psychological, legal, and social support, all of which is free and confidential, for as long as you need it – whether it's a one-time intervention or long-term assistance.

The support provided by APAV may include psychological intervention, clarification of legal issues, assistance with formulating requests or other documents, and also the facilitation of communication with other entities and services, such as judicial authorities or embassies.

To access this support, you can call the Victim Support Helpline toll-free at 116 006 or visit one of APAV's local support services, whose contact information and locations can be found online: apav.pt/contactos.

