



What can I do?

This pamphlet will provide you with useful information on how to cope in the aftermath of a crime that has been committed against you or your loved ones.

Remember, you are not alone.

Normal Reactions to Abnormal Events

Exposure to harmful, sudden and unexpected events may cause people to feel distress and struggle to cope.

Below are some normal reactions you may experience in the aftermath of a crime:

Immediate Reactions

- Crying
- Low mood/sadness
- Anxiety or anger
- Confusion

Short Term Reactions

Less than 1 month

- Exhaustion
- Sleep and appetite disturbances
- Worry
- Helplessness
- Flashbacks
- Fear and shame
- Hyperarousal

Long Term Reactions

More than 1 month

- Depression
- Hopelessness
- Grief
- Social relationship disturbances
- Slower thinking or poor attention span

If the above symptoms persist for more than 3 months, it may be advisable to seek professional help (refer to the next page for helpful resources).

What Can You Do to Cope?

1. Stress reduction strategies e.g., deep breathing & muscle relaxation exercises
2. Engage in activities you enjoy
3. Talk to someone you trust
4. Join a support group for trauma survivors
5. Eat right; have nutritious meals
6. Exercise and avoid substance use

Who Can You Reach Out To?

Internal Resources

The Victim Care Cadre (VCC) Programme is a free of charge volunteer-based programme created to provide practical and emotional support to those affected by crime at any point of time as they undergo the criminal justice process. If you are interested to have the support of a trained Victim Care Officer, please inform your Investigation Officer to arrange for a session.

Community Resources

- **Samaritans of Singapore:** 1-767 (24/7)
- **IMH Mental Health Helpline:** 6382 2222 (24/7)
- **Singapore Association for Mental Health:** 1800 283 7019
- **Counselling & Care Centre:** 6536 6366
- **TOUCHline (Counselling):** 1800 377 2252
- **ComCare:** 1800 222 0000
- **National Anti-Violence Hotline:** 1800 777 0000



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