

Trauma Symptoms

You will likely experience several of these symptoms in the coming days. Please know they are normal. If you ever feel you need professional help, please do not hesitate to reach out.

PHYSICAL

- Fatigue
- Nausea
- Tremors
- Chest Pain*
- Breathing diff.*
- Headache

COGNITIVE

- Confusion
- Poor attention
- Poor decisions
- Hyper vigilance
- Loss of time
- Can't think clearly

BEHAVIORAL

- Withdrawal
- Outbursts
- Pacing
- Lack of rest
- Change in eating
- Change in speech
- Startle reflex

EMOTIONAL

- Anxiety
- Grief
- Guilt
- Denial
- Shock
- Fear
- Agitation

** If at anytime you feel these symptoms you may want to seek immediate medical attention.*

Your Agency info or Support Service #

☎ 555-555-5555

🌐 youragency.gov

📍 5555 First Main Street, OH,
55555

RE: Grieving

Grief is hard. While most of us experience grief in some form during our lives, the process differs from person to person— we all grieve in our own way, on our own time and there is often much looping back and forth, or stages can hit at the same time, or occur out of order. As painful as it might feel, grief is a necessary part of healing and helps us grow.

STAGES OF GRIEF

SHOCK & DENIAL

PAIN & GUILT

ANGER & BARGAINING

DEPRESSION

UPWARD TURN

RECONSTRUCTION

ACCEPTANCE & HOPE

Your County Sheriff's Office



After the death of a loved one...

What
Happens
Next?



Your Loved One & Their Property



Contact Coroner's Office

For identification & property

YOUR COUNTY CORONERS OFFICE

- ✓ 555-555-5555
- ✓ 5555 First Main Street,
OH, 55555
- ✓ M-F (8am-4pm)
Sat. & Sun. (closed)



Contact Funeral Home

For transportation and services

- ✓ Of your choosing
- ✓ Within 24 hours
- ✓ To make
arrangements to have
body transferred



For More Information

- ✓ Your Agency
Detectives
555-555-5555
- ✓ Chaplain Support
rChaplains@gmail.com

Investigation Info

Sudden, unexplained, unattended or unexpected deaths may require a complete investigation to be performed to determine the cause of death. Whether it is accidental or criminal in nature, knowing what caused a death is very important which is why the investigation is necessary.

This investigation may involve law enforcement and/or the Coroner's Office. Any investigation may impact the timeframe of the release of your loved ones body and belongings.



FIRST you need to make sure you're taking care of yourself. You're experiencing a traumatic event.

- Call in your support system, even if it's one person (family, friend, clergy, co-worker).
- Avoid alcohol
- Be sure in the coming days to stay hydrated and eat simple meals.

SECOND, determine who else needs to be notified and with the help of another, make contact.

THIRD, be sure to write down details of times, places, etc... as it will be difficult to remember them.



Report #: