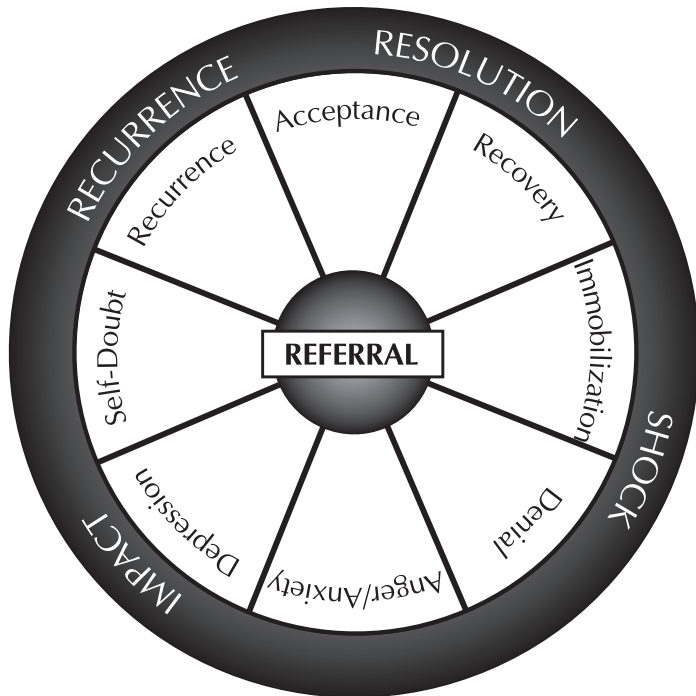


# REFERRAL



**Referral** may come at any stage of the Post Trauma Cycle. If the victims feel they are having trouble expressing their feelings, or they feel a need to talk to a professional for guidance and reassurance that the emotions they are experiencing are normal, they should contact the Victim Services of their local police, or a mental health agency in their community. The trauma of a critical incident may have a lasting impact if feelings are not dealt with and expressed. Victims should seek help from a professional they trust.