

TRAUMA INFORMED SUPPORT FOR YOUR COLLEAGUES

KENNY GIBSON

- * **Traumatic reactions are normal reactions to abnormal and sustainably stressful situations.**
- * **Individuals' coping reactions post-trauma remain poorly understood**
- * **Many HCP colleagues are now reporting and disclosing their trauma of working during the Covid pandemic, including their moral distress and moral injury which is, in turn impacting mental health conditions such as depression and PTSD**
- * **We should all collaborate to ensure people feel safe and are facilitated to be curious and recover**

Reading/Resources

[Hospital nurses' moral distress and mental health during COVID-19](#)

<https://www.bma.org.uk/media/4090/bma-doctors-nhs-wellbeing-checklist-may-2021.pdf>



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