

The Community After Incident Response (CAIR) is a project initiated by the City of Edmonton's Community Safety Initiatives.

CAIR partners with various agencies to provide support that is tailored to communities' impacted by traumatic events. . This support includes providing a safe space for the impacted community to discuss what occurred, the traumatic impact, and provide access to mental health resources to heal. Communities can be defined by geographical area, as well as cultural and sociopolitical communities.

## QUESTIONS?

**EMAIL**  
[CommunitySafety@edmonton.ca](mailto:CommunitySafety@edmonton.ca)

**VISIT US ONLINE AT**  
[edmonton.ca/NET](http://edmonton.ca/NET)

If you are someone you know needs mental health supports, to get started call 2-1-1

Do you feel your community would benefit from CAIR?

Please complete our intake form by scanning the QR code.



# CAIR

Community  
After Incident  
Response

Edmonton

Edmonton



# SECONDARY TRAUMA

## Each one of us will experience incidents differently.

We can all be significantly impacted by an incident or trauma even when we are not present at the time or place of an incident. Each one of us will experience incidents differently.

Oftentimes, a person may be affected by hearing about an incident or supporting someone who has experienced a trauma. This is called 'secondary trauma' or 'secondary traumatic stress'.

Secondary traumatic stress occurs when we have heard about an incident or when we are supporting someone directly affected by a traumatic incident, and we begin to experience some distress ourselves about the incident. The closer we are in belonging to a community or to helping a community that has been directly affected by a traumatic incident, the more likely it is that we may experience secondary trauma.

### Common symptoms may include:



Repetitive thoughts about the incident, dreams or flashbacks to the incident



Avoidance of anything that may remind them of the trauma. Overall these may lead to:

- difficult sleeping
- difficulty concentrating,
- changes in appetite, or
- difficulty managing feelings leading to potential increases in anxiety, anger, guilt, etc.



For some people, there may also be an increase in negative coping behaviours.