

YOU ARE NOT ALONE

Ongoing support

Managing emotions

It can be hard to predict how you will feel after the immediate crisis is over.

Carers often feel hyper-alert and 'on surveillance' when the person they care about returns home, constantly checking where they are and what they are doing. This can make it hard to decide the best support options for both of you.

You may feel grief and loss, anger, or gratitude that the person you care about survived and will get the support they need. You might even feel some loneliness after the initial busy-ness subsides and support seems less available. You could feel all of these things at different times, or just a few now and then.

Here are some suggestions for managing your emotions:

- Decide how much information you need to support the person you care about. Contact the person's other support people and services and ask them to keep you updated if this is possible. Some people find more information helpful while others need to know only the minimum.
- Seek help to adjust to your 'new normal' of life.
- Understand your emotional needs. Your own mental health may be affected and any previous traumas can resurface. If you have a history of your own mental health issues, keep an eye on any signs that they might be returning. Ask your friends and family to also watch out for signs you need more support.
- Reflect on your moods, the ways you react to situations, and any triggers you have, so you can monitor your own behaviour and know when to reach out for support.
- Be clear about where your boundaries are and how much support you are able to give the person you care about. Make sure the level of support you provide doesn't