



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Workplace Mental Health

TIPS TO PREVENT RETRAUMATIZATION

SELF-AWARENESS

Be aware that the stories you tell can create trauma for someone else.

FAIR WARNING

Allow the listener to prepare. Do you just need to vent, talk to someone informally, or do you need to schedule a meeting?

CONSENT

Ask. The other person may not be ready to hear what you have to say. Give that person the chance to consent, schedule a more appropriate time and place, or direct you to someone else.

LIMITED DISCLOSURE

Decide how much to share, starting with the least traumatic part first. You may find that you don't need to share all the details.

BE PATIENT. HEALING TAKES TIME.

You can't rush healing, no matter how long ago the trauma happened. Be considerate and mindful of this during conversations.

DON'T FORCE SOMEONE TO TALK ABOUT IT

Making someone talk about a terrible event is asking them to re-live the experience with all its negative emotions. Some people just aren't ready to open up yet.