



**SIDMOUTH
LIFEBOAT**

AN INDEPENDENT CHARITY

Trauma Management

Last updated November 2021

Next review date November 2022

Due to the nature of the work undertaken by crew members at Sidmouth Lifeboat, crew will sometimes be exposed to events that could be considered outside the “normal” experience of most people. For example, crew may witness or need to manage scenes of traumatic injuries, suffering, grief or death.

Sidmouth Lifeboat values its crew and wants to make sure they have an outlet and support if they experience any adverse effects after a traumatic event whilst on duty. Internal support will be offered, with the option to receive external support, which Sidmouth Lifeboat will cover the costs for.

Role of the Wellbeing Officer:

- To ensure the crew are aware that we have a process in place to support them.
- Provide a reminder of the process annually.
- Make sure crew know how to access support (including external support if they want to go direct).
- Keep confidential notes in the Crew Wellbeing Book, stored in a secure locker upstairs at the Boathouse.

If you feel that you need support, you can contact:

- **Charli Higgins, Sidmouth Lifeboat Wellbeing Officer.** 07534 345 497

If you would like external support immediately, you can contact the below without informing Charli:

- **Annette Woolley, Psychotherapist** (Sidmouth based). 07870 915 525.
annette.woolley@hotmail.co.uk
- **Clare Green, EMDR Therapist.** CBT Therapist (South Devon based). 07931 365 017.
clare@southdevoncbtandemdr.com
- **Talkworks** is a free, confidential, talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental wellbeing.
Phone: 0300 555 3344