

Major Trauma Team Psychology

Scottish Trauma Network, North
of Scotland Trauma Unit

**This leaflet has been
given to you as you have
experienced a serious injury**

It explains more about the Major
Trauma Psychology service

What is a traumatic event?

Major trauma refers to an event or an accident which has resulted in serious physical injuries requiring admission to hospital. This could have been something like a road traffic accident, being attacked, experiencing a fall, or a workplace accident.

What is the Major Trauma (MT) team?

The Major Trauma (MT) team is a specialist team who works with people who have experienced serious accidents and injuries. The MT team is an additional service to the standard care a person receives in hospital, due to the extent of injuries. You have been given this leaflet as you are receiving input from the MT team.

The MT team is mainly based in Raigmore Hospital in Inverness, although we do have links with other hospitals and services across the Highlands.

Our aim is to work with you and your family both whilst you are in hospital and when you return home, to support your recovery and adjustment to your injuries.

A member of our team will meet with you when you first come in to hospital. This will usually be a MT Coordinator, who will help work out any additional support you need in hospital. You may then receive input from other team members such as Clinical Psychology, Occupational Therapy, Physiotherapy, and Speech and Language Therapy.

Please see our MT information booklet for more information about the MT team.

The emotional impact of a traumatic event

A traumatic event affects everyone differently. We know that experiencing serious physical injuries, often in an unexpected and frightening event, can feel overwhelming at times. It is normal to notice feelings of shock, anger, worry and sadness, and that this can be distressing. Usually, in time, difficult thoughts and feelings begin to settle without the need for professional help.

MT Psychology

We do know that these difficulties usually get better with time. If you are struggling with your emotions while you are in hospital, MT Psychologists can meet with you to help you understand your emotional response to your injuries, and introduce strategies to help you feel more able to cope.

Family input

MT Psychologists can also support adult family members if needed, as we know that these events can affect the people close to you. If younger people have been affected by what has happened, we can offer further resources and signposting to other services.

If you feel you are struggling with your emotions following a traumatic event, please ask a member of the MT team for more help or information.

Please see our information booklet ‘Coping after a traumatic injury’ for more information.

Brain injury following a traumatic event

Some traumatic events can result in injury to a person's brain. The effects of this vary widely, depending on the extent and location of the injury. In hospital, this may result in feeling confused and disorientated, difficulties remembering information, feeling more emotional, or acting differently to how you usually would. You may notice improvements in these difficulties as you continue to physically recover from your injuries. It might be that your family notice these changes more than you do.

While you are in hospital, MT Psychologists can meet with you to help assess and explain the changes in thinking, emotions, and behaviour that you may have experienced. They can give you and your family advice on rehabilitation strategies to support your recovery.

Further information

Headway provides lots of additional information and support for people and their families affected by brain injury. The Headway Highland group is based in Inverness, and provide support for individuals and their families.



the brain injury association

www.headwayhighland.org.uk

National free helpline: 0808 800 2244

Once you return home

We know that sometimes responses to a traumatic event may not happen until after you return home, or a bit further down the line.

MT Psychologists are able to meet with you, and/or your family members, following your discharge from hospital, if you feel that you are having ongoing difficulties adjusting to and making sense of your experience. This might be causing you a lot of distress day to day, perhaps impacting on your work, or your personal life, or finding that you are feeling overwhelmed and going over the accident in your mind. You might also notice changes to your thinking, memory, emotions and behaviour if you have experienced a brain injury.

Our MT coordinators will call you a few weeks following your discharge from hospital to see how you are getting on. They will ask you how you are coping emotionally, and if you are having difficulties. If requested, MT Psychology will arrange an initial telephone appointment to discuss your difficulties in more detail and consider what options might be suitable.

We offer evidence-based psychological therapy for difficulties that arise as a direct result of the event you have experienced, and can consider whether further assessment of your cognition and/or strategies to help support your recovery might be helpful.

You can contact MT Psychology directly through the contact details on the following page, or discuss further with your GP once you return home. Your GP is able to refer you to our service in the future as required.

Useful websites and contacts

- [**assisttraumacare.org.uk**](https://assisttraumacare.org.uk) Information and specialist help for people who have experienced trauma or are supporting someone who has.
- [**brake.org.uk**](https://brake.org.uk) Information and support for people bereaved or seriously injured due to road traffic accidents.
- [**nhsinform.scot/mind-to-mind**](https://nhsinform.scot/mind-to-mind) Information and strategies for improving mental wellbeing.
- [**headway.org.uk**](https://headway.org.uk) Information and support from The Brain injury association.

If you feel you are struggling with your mental health unrelated to the recent trauma you have experienced, or need help urgently, please speak to your GP in the first instance who can help direct you to further services.



Breathing Space: 0800 83 85 87



Samaritans: 116 123



NHS 24: 111

Contact us

If you would like to speak to us during your inpatient stay, please contact the Major Trauma Coordinators.

Alternatively, you can e-mail the team at [**nhsh.majortrauma@nhs.scot**](mailto:nhsh.majortrauma@nhs.scot), or leave a message on the Major Trauma Psychology phone number

[**www.nhshighland.scot.nhs.uk/trauma**](https://www.nhshighland.scot.nhs.uk/trauma)

Tel: 01463 709146

