



What we want you and your family/friends to know:

- It's OK to ask for help.
- Your family and friends are important.
- It's important to keep appointments with your GP or Mental Health team and the Burn Team following discharge.
- You can take a friend or family with you.

ACC

ACC may fund psychological treatment for the adjustment to injury. This means that if you are worried about any of these things your ACC case manager may be able to arrange counselling for you.

ACC can provide assistance in getting treatment for the psychological impact of injury even if your ACC case has been closed.

Who should you contact?

- Your GP.
- Your ACC case manager.

Other services that might be helpful:

- Community Alcohol and Drug Services: 09 263 2000.
- Lifeline: 0800-543-352 or 09-522-2999.
- Youthline: 0800-376-633.

If you feel there is urgent risk please contact your local mental health crisis team.

Document ID:	Coping and Emotional Recovery	Version:	1.1
Department:	National Burn Service	Last Updated:	20/03/2012
Document Owner:	Tracey Perrett	Next Review Date:	20/10/2012
Approved by:	National Burn Service Coordinator	Date First Issued:	20/03/2012
Counties Manukau District Health Board			

Recovering from a burn injury

Coping and Emotional Recovery

Discharge Information





Burn injuries affect our lives

Most people return to good physical health following a burn injury.

Emotional recovery after burn injury is also important.

This pamphlet describes some of the emotional adjustment issues you might face during recovery and gives contact information on how to get help if you want it.

Trauma

Reliving the accident (flashbacks or nightmares) is common and usually fades over time. Some people find every day things bring back memories of the injury (e.g. lighters, TV scenes) and they try to avoid these things.

Family and friends may also have traumatic memories. Parents often find they have difficulty with emotional distress after their child is burned.

If you have frequent, difficult memories or you are avoiding things you would normally do it is a good idea to seek help.

Adjustment

Often people have had busy lives up until the accident happens.

Sometimes it is frustrating not being able to do things like you did before.

You may find it helpful to talk to someone if you are finding it hard to keep interested and you are struggling to do all your exercises and self cares.

Image change

If you have visible scarring or wear pressure garments you may find people ask questions about your injury.

You may want to talk to someone about how to answer the questions and how to talk about what happened when you need to.

Anxiety

When you have a serious injury it often makes you more aware of potential accidents. Often this was not something that bothered you before your burn injury.

If you find you are more nervous than you used to be, or find that you don't want to do things you used to enjoy, it can be helpful to talk about this.

Low mood and depression

People often find they feel down at times while they are in hospital. For some people this low mood doesn't go away when they go home. Often people tell us they are frustrated with the time it takes to get back to doing things they enjoy.

If you have low mood most days, lack of motivation to do things, or have a feeling that life is not worth living, we want you to talk to someone about how you are feeling.

Behaviour problems

Children who have burn injuries and are admitted to hospital can change how they behave.

For some families it is the other children in the house who are more demanding or upset.

If you are worried about your children please talk to someone about this.

