

Family and Social Support

The impact of a work injury can extend beyond the injured worker. The support of family and friends during this time is invaluable, but we recognise affect a work-related injury can have on all involved.

The following hints and tips provide guidance for family and friends to support an injured worker following a work-related injury.

Spend time with the person and reassure them that they are safe.

Offer support and a listening ear even if they have not asked for help.

Don't take it personally if they want to be alone sometimes. Don't take their anger or other feelings personally; they are part of the normal response to trauma.

Help them with everyday tasks like cooking and caring for the children.

Don't tell them that they are "lucky it wasn't worse", or that they should "forget it and pull themselves together". Traumatized people are not consoled by such statements. Instead, tell them that you are sorry the even occurred and that you want to understand and assist them.

The following services are available for family and friends of injured workers:

- **Employee Assistance Program** may be available through your employer. Where this is offered, counselling services can be provided free of charge to immediate family members. Speak to your employer for further information.
- **Mental Health Care Plan** is available through your family GP. This can provide access to free counselling and psychological support to assist you through this difficult time. Speak to your GP for further information.
- **Family and Support Services** offered by Uniting Care Wesley Bowden Port Adelaide for people facing life challenges including poverty, community disadvantage, mental illness, social isolation, unemployment, inadequate housing, homelessness and financial distress. UCWPA can be contacted on 8440 2200.
- **Social Support Activities** provided by The Salvation Army includes financial counselling, food and housing support, parenting support, crisis management, mental wellbeing, drug and alcohol support. The Salvation Army can be contacted on 8408 6900.
- **Support Services** provided by AnglicareSA includes financial counselling, food and housing support, parenting support, crisis management, mental wellbeing, drug and alcohol support. AnglicareSA can be contacted on 8305 9200.
- **Family Relationship Centre** provide support to families at all stages during a relationship including, life changes and separation. Family Relationship Centre can be contacted on 8419 2000.