

Police Traumatic Events Checklist

A GUIDE FOR INDIVIDUALS
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WHY THIS GUIDANCE

As individuals, we are all unique in how we react to different experiences, and this can vary from one day to the next.

However, PTEC illustrates that we also share a lot in what we find difficult. A policing mind needs to make sense of difficult incidents in order stay resilient but this can become harder over time. Events can seem to merge into one and persistent memories can trigger stressful reactions in new, seemingly unrelated scenarios. PTEC helps identify which incidents are troublesome, which are related to others, and which we are totally fine with. This enables us to seek out a chat when we need to - and also to learn what makes us personally most resilient on the job, and why.

"Glancing at PTEC, I soon realised all these years later
why I found that incident so tough
- it's like I've given myself permission to move on"

TRIM PRACTITIONER AND PEER SUPPORTER

PTEC IN PRACTICE

- MONITORING YOUR TRAUMA EXPOSURE AT WORK
- IDENTIFYING EVENTS THAT STAND OUT SO YOU CAN SEEK HELP
- RECOGNISING FACTORS OF WHAT MAKES SOME SITUATIONS HARDER OR EASIER
- STARTING CONVERSATIONS WITH YOUR LINE MANAGER, PEER OR THERAPIST

A good indication of applying PTEC well for yourself would be that you have more clarity on your experiences, you can start verbalising them and that you aren't alone.

"If you don't know your own sore spots, how do you protect
yourself- or others around you?"

RESPONSE OFFICER

If using PTEC highlights a particular incident that is troublesome, it's important to make use of support available to you. This could mean getting in touch with a wellbeing or TRiM lead, a Fed Rep, a counsellor or just a friend or colleague you trust.

Respected national resources include:

Samaritans: Call 116 123 - it's FREE or email jo@samaritans.org.uk

SHOUT: For support in a mental health crisis, Text Shout to 85258

CALM helpline on 0800 58 58 58 or use their webchat

NEXT STEPS...

Consider how PTEC might change things for you, even in the smallest of ways.... A conversation with a colleague, a bit of time working through a tough job?

A different approach to your next supervision? If you can envision PTEC helping you, we'd encourage you to have a go. You can also email 'PTEC' to hello@policecare.org.uk for advice.