

# Common reactions after Crime

Everyone reacts differently after experiencing crime. This factsheet outlines some common reactions after crime and some ways to take time out for yourself while you recover.

**Further information can be obtained by contacting the VSS Helpdesk on 1800 VICTIM (1800 842846).**

## 1. Emotional reactions

It is common for people impacted by crime to experience emotional reactions. Some typical emotional reactions to crime are:

- grief and loss
- fear or anxiety
- shock and disbelief
- anger or irritability
- sadness or loss of self-esteem
- shame or guilt.

## 2. Physical Reactions

It is also common for people impacted by crime to experience physical reactions, such as:

- changes in appetite
- aches and pains, such as headaches or stomach aches
- tiredness or fatigue
- being easily startled by unexpected noise.

You may experience some or all of these emotional and physical reactions, or you may experience none at all. It's important to remember that everyone reacts differently after experiencing crime.

## 3. Looking After Yourself

Give yourself permission to take time to recover. Taking time out to look after yourself is important. There are lots of ways to take time out for yourself, such as:

- talking to someone you trust about how you are feeling
- listening to music
- writing about how you are feeling in a journal
- taking time to relax and rest.

Recovering from crime can take time, but you don't have to go through it alone. We are here if you need us. VSS provides free information and support to people impacted by crime.

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## FURTHER INFORMATION

If you would like more information, please contact the VSS Helpdesk on

**1800 VICTIM (1800 842846)**

or view our website at [victimsa.org](http://victimsa.org)

Commissioner for Victims' Rights [voc.sa.gov.au](http://voc.sa.gov.au)

Legal Services Commission Law Handbook

[lawhandbook.sa.gov.au](http://lawhandbook.sa.gov.au)