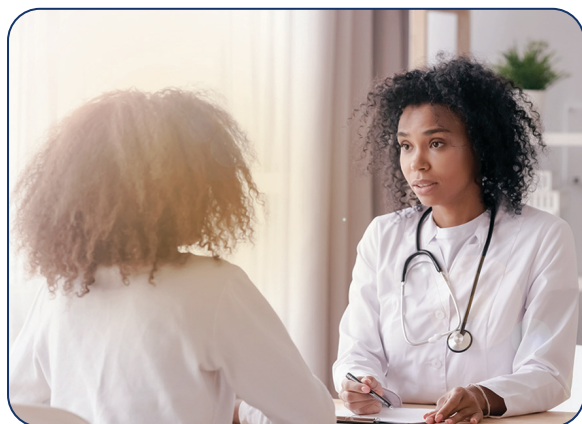


# GET HELP WITH CRIME-RELATED EXPENSES

If you or someone close to you was injured or threatened with injury in a violent crime, CalVCB may help **pay certain crime related expenses**.

There are certain limitations, but here are some examples of covered expenses:

- Crime scene clean-up
- Funeral and burial expenses
- Victim disability home modifications
- Victim disability vehicle modifications
- Medical and dental treatment
- Mental health services
- Residential security
- Income loss
- Relocation



## CONTACT US

Riverside  
**(951) 955-5450**  
**(866) 217-3766** Toll-free

Murrieta  
**(951) 304-5840**  
**(866) 217-7699** Toll-free

Banning  
**(951) 304-5840**  
**(866) 217-3766** Toll-free

Indio  
**(760) 863-8408**  
**(866) 217-3769** Toll-free

DVS Claims Unit  
**(951) 955-5460**

## YOUR ADVOCATE'S INFORMATION:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Follow-up Date: \_\_\_\_\_

[www.rivcoda.org](http://www.rivcoda.org)



**DIVISION of  
VICTIM SERVICES**

*"A victim's voice will be heard."*

**CRISIS  
RESPONSE**  
**TO MASS VICTIMIZATION**

**MICHAEL A. HESTRIN**  
*District Attorney*

# CRISIS RESPONSE TEAM

As a result of what has happened, members of the Riverside County District Attorney's Office, Division of Victim Services Crisis Response Team have partnered with first responders to assist you.

This handout is meant to help provide an understanding of your reactions to the traumatic event because they may feel problematic or unfamiliar to you.

## THESE ARE NORMAL REACTIONS TO STRESS FOLLOWING A TRAUMATIC EVENT



The key to managing stress in your situation is to recognize these common symptoms and to **seek help when needed.**

At some point in the next few months—or even as soon as in the next few days—you may experience one or more of the following symptoms:

### PHYSICAL REACTIONS

Fatigue/Exhaustion  
Insomnia  
Sleep Disturbance  
Over/Under Activity  
Nightmares  
Change In Appetite  
Digestive Problems  
Physical Problems  
Headaches  
Nausea

### EMOTIONAL REACTIONS

Fear  
Guilt  
Emotional Numbing  
Over-Sensitivity  
Anxiety  
Depression  
Hopelessness  
Anger  
Irritability  
Frustration

### COGNITIVE REACTIONS

Lack of Concentration  
Flashbacks  
Difficulty with Decisions  
Memory Disturbance  
Forgetfulness  
Confusion  
Poor Problem-Solving  
Lack of Trust  
Change in Alertness

### BEHAVIORAL REACTIONS

Change in Activity  
Communication Changes  
Withdrawal  
Suspiciousness  
Hyper-Alertness  
Exaggerated Startle Reflex  
Emotional Outburst  
Difficulty Sitting Still  
Change in Sexual Behavior

# RECOVER FROM STRESS

- Exercise to alleviate physical tension and any feelings of being 'stuck.'
- Structure your time and stick to a schedule.
- Do not put harmful labels on yourself or accept labels given by anyone who is not a respected professional.
- Avoid numbing the pain with drugs or alcohol.
- Avoid excessive consumption of caffeine.
- Eat nutritious, well-balanced meals.
- Talk to someone you really trust.
- Accept help from others.
- Permit yourself to feel bad, sad, angry, etc.
- Try writing as a mode of expression to alleviate sleeplessness and invasive thoughts.
- Avoid and resist making big or life-changing decisions.
- Spend time with the people you care about the most.

