

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



**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

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



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

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.

