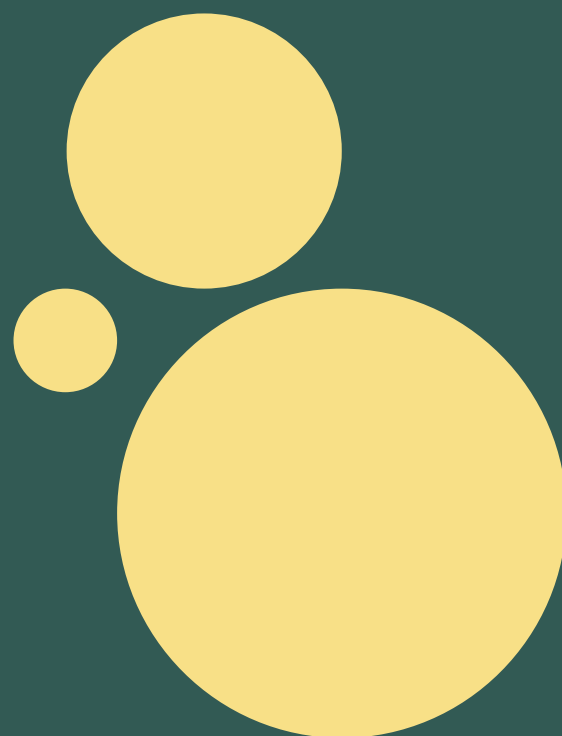
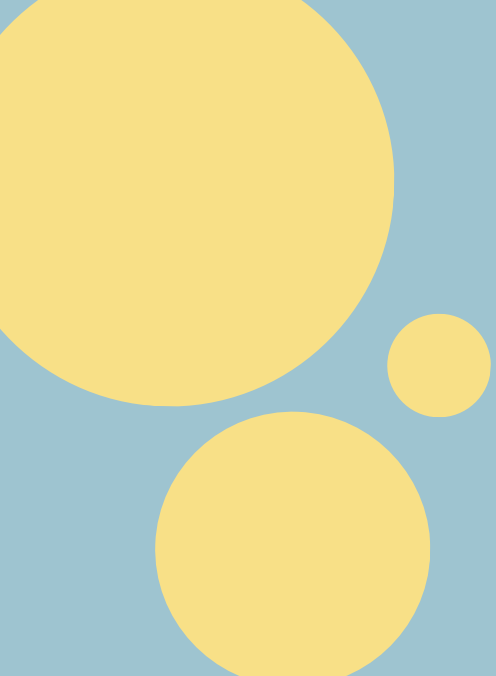


4 Ways

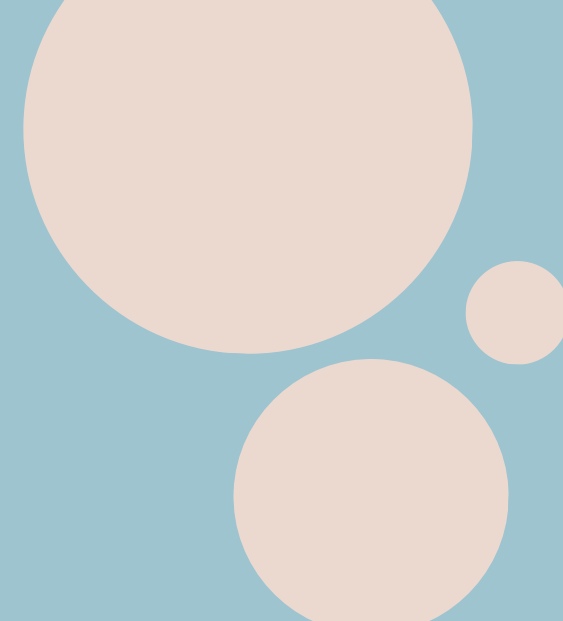
to Support Someone Facing
Vicarious Trauma





**If someone you love
is struggling with
vicarious trauma,
here are 4 ways to
meet them gently,
without asking them
to “be okay.”**





Vicarious trauma happens when someone is exposed to the traumatic experiences of others and it starts to affect their own emotional and psychological well-being.

It's not about directly experiencing the trauma, but rather absorbing the stress and pain from hearing about or witnessing someone else's suffering.

1

Listen Without Needing to Fix

Sometimes the most healing
thing you can say is:
“That makes sense.
I’m here.”

Avoid jumping into solutions
or silver linings, validation
can be enough.

2

Offer Routine & Shared Rituals

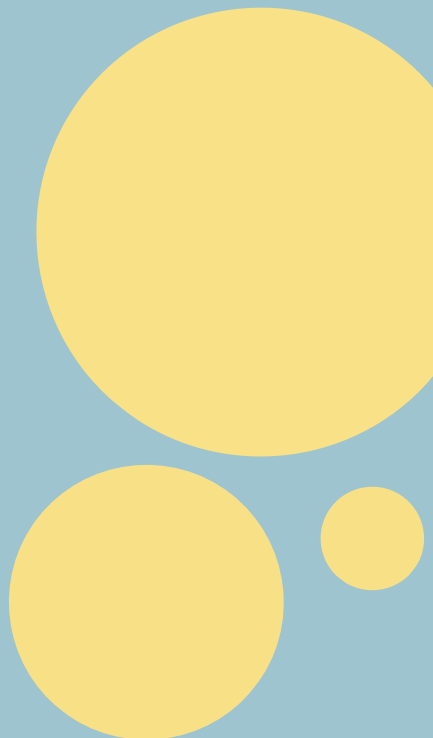
Simple and familiar activities,
like going on a walk,
having coffee together
or sending check-in texts,
helps creating
psychological safety.

3

Let Them Take actions Small, Safe Ways

Offer low-stakes roles:
choosing a playlist,
lighting a candle,
picking dinner.

Feeling useful in safe settings
helps rebuild self-trust
and empowerment.





4

Help Them Reconnect with Hope

Send a funny meme, a sweet memory, a
moment of beauty.

Vicarious trauma shrinks the world,
Reminders of light matter.