

## **[Intro]**

Hi. We're really glad you came to see us. We made this video just for you to remind you of some important things that you need to know.

This video is about strangulation and the things to watch for in the upcoming days. You might have been given a lot of information already. We know it can be hard to keep it all straight so we hope you find this video helpful.

We want you to know that you are not alone. You have already made a big and brave step in visiting us. We have a team of people ready to support you.

## **[Trigger Warning]**

Before we begin, we want you to know that this video does talk about trauma and violence. For some people, it can trigger strong feelings. If you're feeling overwhelmed, please reach out to us. We're here to help. Our website lists resources as well.[website on screen]

## **[What is Strangulation?]**

Strangulation is when something like a hand, arm, or rope is squeezed around your neck. Long-lasting and serious injuries can happen with being strangled. It is dangerous and sometimes even deadly. We know from research that people who have been strangled by a partner are more likely to be seriously harmed, or even killed, by that partner in the future.

When you were strangled, it stopped some or all of the blood from getting to your brain. This blocking of blood flow can permanently damage your brain in a very short amount of time. The amount of pressure that it takes to stop the flow of blood is less than a handshake. Damage can happen in a few seconds.

## **[The Effects of Strangulation]**

The truth about strangulation is that many people do not have any visible marks on their head or neck. This does not mean that it was less serious. A person can feel the effects of being strangled in the hours, days, and weeks afterwards.

While you were being strangled, you might have had trouble breathing or catching your breath. You might have passed out or come close to passing out. You might have seen stars, flashes, lights, or had tunnel vision. You might have peed or pooped yourself. You might have thrown up or had a seizure. Many people say that they thought they were going to die. All of these things tell us that you survived a serious trauma.

After the incident, you might have some unwanted effects of being strangled. Even if you do not feel some of these things right now, you might over the next few days.

- You might have a sore throat, blurry vision in both your eyes, and ringing in your ears.
- You might have a headache and trouble sleeping.
- You might find it hard to concentrate and remember simple things. Some people say it feels like walking around in a fog.

While these are signs of being strangled, they are similar to a head injury, also known as a concussion. During this same incident, you might have hit your head or been hit on the head and have a concussion too. If you had any hits to your head, please watch our head injury video as well.

### **[Serious Symptoms]**

Certain signs might mean you have a more serious injury to your head or neck. Signs to watch for include increasing trouble breathing, having trouble swallowing, having numbness in one side of your face, having slurred speech, or losing sight in only one eye. Please go to your local emergency department if you have any of these signs.

### **[Follow-up Care]**

We have a specialized Strangulation Clinic within our Embrace Clinic. At this medical clinic, we can assess your injuries, monitor your recovery, and provide treatment. We can help you manage your pain, your emotions, and any problems sleeping. We can refer you to specialists and community services. We can even give medical notes to take time off from school and work. You do not need a referral to see us.

### **[What you can do to manage your symptoms]**

When you get home, there are some things you can do to help manage your symptoms.

Here are some things you can do to take care of yourself:

- Take pain medicine regularly such as ibuprofen or acetaminophen (name brands are Advil and Tylenol).  
Pushing through pain can slow your recovery. Ask our team at Embrace Clinic or your pharmacist about the dose that is right for you. If you take other medicines, ask about any possible effects when taking pain medicine with your other medicines.
- Try to get nighttime sleep.  
We know this can be hard right now.  
Here are a few quick things you can do to help calm your mind and give you a healing sleep:
  - Follow your regular sleep routine.
  - Turn off all screens like TVs and phones at least one hour before bedtime.
  - Do not drink or eat anything with caffeine late in the day.
  - Listen to an audio book or sleep podcast.

Before taking any sleep medicines, including melatonin, please check with a health care provider or our team at Embrace Clinic.

- Refrain from drinking alcohol and using drugs, including cannabis. These can hide the effects of being strangled. They also do not give you good healing sleep.
- Try to take regular breaks and rest throughout the day, especially if you are having headaches. Get a notebook and write down things you need to remember.
- Decrease your screen time on TV, phones, and computers.
- Try some gentle stretching for muscle strain in your neck and back. Hot packs can sometimes help as well.
- Take time off school or work if you are able to. If you need a medical note to support this, Embrace Clinic can help.

### **[Closing]**

The good news is that most people recover within a few weeks. We are here to help you along the way.

You have survived a serious violent incident and no matter how difficult recovery might be, you are capable of surviving and overcoming serious trauma. You are not alone. You have a team of compassionate and professional health care providers who are here to support you.

**[Contact info for Embrace Clinic]**