Bethesda Therapy

After a Collision

Shaken since the crash?

It’s common to feel on edge, sleep poorly or avoid the road for weeks after a collision. Talking to someone helps, and your auto insurance may cover it.

Scan for support, or visit

bethesdathera.com/accident

Signs to watch for

- Avoiding driving, or riding as a passenger
- Nightmares or memories of the crash that won't stop
- Poor sleep since the collision
- Pain or distress that outlasts physical progress
- Low mood, irritability or pulling away from people
- Feeling on edge, jumpy or easily startled
- A slow or stalled return to work or school

Start with a free 15-minute call

Call **587-871-4888** or email **letstalk@bethesdathera.com**. You can book online any time at bethesdathera.com.

Weekdays 11 AM to 11 PM, Saturdays noon to 6 PM, Alberta Time. Online across Canada.