

Facilitating Your Return to an Active Life

**AFTER A TRAFFIC
ACCIDENT**



Québec 

Are you feeling vulnerable and having trouble understanding your reactions?

Don't worry! These are totally normal reactions after a traffic accident.

To help you better understand what you are experiencing, such as anxiety, stress or pain, the SAAQ has introduced an education program specifically for people who have been involved in a traffic accident. Your participation is voluntary.

What does this program consist of?

It is essentially a toolbox provided free of charge by the SAAQ. It can help you for the rest of your life. The program includes 5 to 7 meetings with a resource person that break down as follows:

Module 1: Case management and possible reactions after an accident

Module 2: Stress management

Module 3: Taking care of yourself

Module 4: Conquering your fears

Module 5: Review and recommendations

After these meetings, you will have all the tools you need to help you return to your regular activities. It is therefore in your interest to start this program as soon as possible.

Who should I contact?

Contact the person assigned to your case. You will be given a list of professionals in your area from which you can choose.