

COMMON SIGNS
AND SYMPTOMS OF STRESS

Physical

Nausea and/or
Vomiting
Muscle tremors
Elevated blood
pressure
Headaches
Fainting
Chest pain*
Difficulty
breathing*
Rapid heart
rate*
Shock
symptoms*
*May indicate
need for
medical
evaluation

Cognitive

Blaming someone
Confusion
Poor attention
Poor decisions
Poor concentration
Poor problem solving
Nightmares
Intrusive images

Spiritual

Anger at God
Anger at clergy
Withdrawal from Church
Believing God is not in control
Believing God does not care
Belief that we have failed God

Behavioral

Withdrawal
Emotional outbursts
Alcohol consumption
Inability to rest
Hyper-alert to environment

Emotional

Anxiety
Guilt
Denial
Severe Panic
Emotional shock
Fear
Depression
Anger
Loss of emotional
control

What Can I Do To Feel Better?

Do you have friend or family
member who can be with you right now?

- Think of family members, co-workers, pastor, neighbors, or friends
- Talk and express your feelings and your losses with the people you trust.
- Eat and drink something healthy.
- Rest and exercise will help you recover.
- Pray or ask someone to pray for you.

**PORTLAND
POLICE
DEPARTMENT**

433 North Broadway
Portland, Tennessee
37148

615-325-3434



You have Experienced a Traumatic Event
or Critical Incident

Even though the event might be over, you may be experiencing or may experience later some strong emotional or physical reactions.

It is common in fact, quite normal, for people to experience emotional aftershocks when they have been through a stressful event. Sometimes this might happen a few hours or a few days later, and in some cases, weeks or months might pass before a person experiences a delayed reaction.

With the love, support, and understanding of loved ones, the stress reaction commonly fades a little faster.

Occasionally the traumatic event is so painful that professional assistance from a counselor may be necessary. This does not imply craziness or weakness. It simply indicates that the particular event was too intense for the person to manage alone.

**After the Death
of a Loved
One...**



**... "What
Happens
Next?" ...**

Portland Police Department
Police Chaplain Bob Moon
615-325-3434 ext 750
chaplainmoon@cityofportlandtn.gov



Steps that occur upon the death of your loved one during the first 24 hours

The Death Investigation

Sudden, unexplained, unattended or unexpected deaths may require that a complete investigation be performed to determine the cause of death. Whether it is accidental or criminal in nature, knowing what caused a death is important which is why the investigation is necessary. By Tennessee law, every death must be certified by a physician or medical examiner.

Law Enforcement Officials

Law enforcement personnel are our advocates in the death of a loved one. They take charge of the scene in order to do a thorough investigation. They are simply searching for the truth of what caused our loved one to die. The law requires them to adhere to strict guidelines throughout the process. You are welcome to ask them questions about the process.

Medical Examiner's Investigator

This person works together with law enforcement. They represent the county medical examiner at the scene of a sudden death. They are trained to examine the victim, conduct interviews, and oversee the official transportation of the body for further investigation.

Medical Examiner Transport Service

This is a local company under contract with the medical examiner's Office with specialized training to transport the body to the medical examiner's office.

Medical Examiners Investigation

The medical examiner's facility is located in Gallatin, Tennessee. It generally takes 24 to 72 hours to complete their investigation depending on call volume, weekends, and holidays. Laboratory results make take substantially longer.

The Next Important Decision

It is necessary to select a funeral home and begin making arrangements for the funeral. Selecting a funeral home at this time might be difficult, but it is an important decision that should be made as soon as possible. The funeral home you select will be in contact and will arrange to transport the body of your loved one to the funeral home from the medical examiners office when their investigation is complete. Be assured that the medical examiner's investigative techniques will not affect how a person appears at their funeral. Every effort is made to treat your loved one with dignity. No family visits are allowed at the medical examiners facility.

Important Contact Information

**Portland Police Department
Investigations Division:
615-325-3434 Ext. 770**

**Sumner County
Medical Examiner's Office:
615-837-5039**

Questions :

What happens to the personal property left for my loved one?

Answer :

Whatever is on the body remains on the body until it is released by the medical examiners office. All other property is released to the nearest next of kin after the investigation is complete.

What should I do next?

Who else in the family needs to be notified? If more calls are needed, ask for help in doing so.

Call for support - family, clergy, friends.

Write down the details on a tablet as there is too much to keep in your memory.

Select and call a funeral home within 24 hours. Set up an appointment with their staff.

Allow people to help you. It will speed your healing and theirs as well.

Don't hesitate to ask more questions.



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