



Justice

Families & Friends
of Missing Persons

What is a trigger?

Significant anniversaries and dates often remind people of loved ones who are missing but simple daily events can also have similar impacts.

Thoughts, events or objects can trigger feelings that remind you someone is missing. They are usually random and unplanned.

Mistaking a person you see in the street, hearing a song, noticing a particular news story or even smelling a familiar scent can immobilise you and can create an emotional reaction that is difficult to manage.

How can you manage your reaction to triggers?

- Remember that you are not alone; this is a normal response to the unresolved nature of missing.
- No matter how hard you try you cannot always predict when something will remind you of the person you are searching for.
- Give yourself permission to feel the emotion. It can be hard becoming upset away from home but this is a normal reaction.
- Why not try and talk to someone about how you are feeling, like your partner, a friend or a counsellor? Sharing your experiences might help to deal with the pain you are feeling.

Families and Friends of Missing Persons Unit

P (02) 8688 8173 (Sydney metro area) • 1800 227 772 (freecall)

W www.missingpersons.justice.nsw.gov.au