

You're Not Alone

The Fairfax County Police Department's **Victim Services Section** can assist you with rights you as a crime victim may have. Please contact the **Victim Services Section** to find out if you are eligible to receive, or would like more information about, the following services:

- Criminal Injuries Compensation Fund
- Restitution
- Court Accompaniment
- Victim Impact Statements
- Property Retrieval
- Employer Intercession
- Interpreter Services
- Defendant Status
- Criminal Justice Process

In order to assist those working on your case, please fill in the information below. If you have any questions or information, please do not hesitate to call. We value your involvement in your case and would like to hear from you.

Detective	Phone
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Officer	Phone
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Specialist	Phone
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VICTIM SERVICES SECTION

Fairfax County Police Department
Victim Services Section
10600 Page Avenue
Fairfax Virginia 22030
Phone: 703-246-2141
http://www.fairfaxcoutu.gov/police/victim_svcs.htm

To speak with a Victim Services Specialist, contact the district station in your area:

Fair Oaks	703-591-0966
Franconia	703-922-0889
Mason	703-256-8035
McLean	703-556-7750
Mt. Vernon	703-360-8400
Reston	703-478-0904
West Springfield	703-644-7377
Sully	703-814-7000



**PERSONAL
REACTION
TO ROBBERY**



A Fairfax County, VA
publication

This document is available in an alternative format upon request. Please call the Fairfax County Police Department at 703-246-7562 .

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**FAIRFAX COUNTY POLICE
DEPARTMENT**

Robberies may have very adverse effects on a victim. These effects occur in less violent, as well as more violent robberies. You may have reactions that you may regard as unusual. However, unusual reactions are very likely and can change as time goes on.

The Immediate Aftermath

- The crisis is over.
- You survived it.
- You were not more severely hurt.

Anger

- At having to go through a robbery.
- At having a system which allows it to happen.
- At the robbers because they got away.
- At having to give up your cash.
- At police for not arriving earlier.

Helplessness

- That you could not do anything during the robbery.
- That if you can be robbed at work, at home, or on the street, then anything can happen to you.
- That you have been victimized.

Guilt

- That you did not behave properly during the robbery.
- That you could have prevented it.
- That you should have remembered details of the robbery.

Frustration

- Because your employer gave you responsibilities after the robbery (counting the cash).
- Because you had to answer so many questions.
- Because you could not remember details of the robbery.
- Because you had to return to work.

The End of the Day

The evening after a robbery can be particularly difficult. The stress and emotions may leave you tired and fatigued.

You may...

- Feel alone and frightened, especially if you do not live with anyone.
- Want to talk about the robbery in great length.
- Not want to talk about the robbery at all.
- Worry that the robbers may come to your home because you were a witness.
- Experience a loss of appetite.
- Lose interest in exchanging affection with your partner or children.
- Not want to listen to the problems of others.
- Find others not interested in the details of the robbery.
- Experience restlessness and sleeplessness.
- Wake up suddenly after falling asleep.

The Next Few Days

The effects of a robbery may not disappear immediately. In the days following, you may continue to experience unusual feelings, such as:

- Apprehension and vulnerability.
- If it happened once, it could happen again.
- Diminished self-worth.
- Uncertain, irritable, forgetful, and unsociable.
- Pre-occupation with robbery.
- You may re-live it through recurring thought.
- You may identify people who you think look like the robber.

One Week to One Month

During this time period, the unusual reactions will begin to diminish for many victims. You may have a brief relapse after a difficult day or a stressful event, but your recovery will likely continue.

It is not uncommon to...

- Dream about the event.
- Suffer from sleeplessness.
- Have periodic periods of depression or irritability.
- Withdraw from people.

If the unusual reactions continue so that it is affecting your personal life, family, or your work, then professional help should be sought.

Coping

You can do things to help you recover from a robbery.

You should...

- Refrain from excessive use of alcohol.
- Exercise regularly.
- Maintain proper diet.
- Rest regularly.
- Continue contact with people who provide support.
- Discuss the event with colleagues, supervisors, friends, and family —people who will listen and not condemn you.
- Be honest with yourself regarding your stress levels and ability to cope.

Statements Made by Robbery Victims

“I really do not like talking about this. What good will talking do.”

“I woke up during the nights and saw him at the foot of my bed.”