



What should you do after being Rescued from a Human Trafficking Scam Centre

We are sorry to hear about the traumatic experiences you have endured. As a survivor of trafficking into scam centres you may be experiencing significant challenges in your recovery journey. It is essential to prioritize your safety and well-being. While we are here to provide support and information, it is crucial for you to seek professional help from trauma-informed mental health professionals who have experience treating Post Traumatic Stress Disorder (PTSD). Here are some general recommendations to help cope with the situation:



Ensure immediate safety: If there is an immediate risk of harm or danger, contact emergency services or a local helpline specializing in trafficking survivors.



Seek professional help: Connect with a trauma-informed therapist (clinical psychologist or psychiatrist) who has experience in treating PTSD. They can provide essential support and guide the healing process. If you are feeling suicidal, the Samaritan Befrienders Hong Kong offers a Suicide Prevention or Emotional Support: 24-Hour Emotional Support Hotline 2389 2222 (in English) or the Suicide Prevention Services at 2382 0000 (in Cantonese). You can find more crisis support lines through the Mind HK “find help now” site <https://www.mind.org.hk/find-help-now/>.



Build a support network: Reach out to trusted individuals, such as friends, family members or colleagues who can offer empathy, understanding, and non-judgmental support.



Join support groups: Consider joining survivor support groups or online communities where you can connect with others who have experienced similar trauma. Sharing experiences and learning from one another can provide a sense of validation, understanding, and solidarity.



Practice self-care: Prioritize self-care activities that promote healing, relaxation, and self-compassion. Engage in activities such as mindfulness, exercise, journaling, art therapy, or spending time in nature.



Develop safety plans: Collaborate with professionals to create safety plans to manage triggers, cope with flashbacks or panic attacks, and establish a sense of security in daily life. Avoid unhelpful coping strategies like alcohol and drugs to relieve stress and anxiety. This can make you feel worse over time, not better.



Educate yourself about trauma: Learn about the impacts of trauma, common symptoms of PTSD, and coping strategies. Understanding how trauma affects the brain and body can provide insights into the recovery process. You can find out more about trauma at the Mind HK A to Z <https://www.mind.org.hk/mental-health-a-to-z/trauma/what-is-trauma/>.



Advocate for yourself: Seek legal assistance to understand your rights as a survivor of trafficking and explore options for justice and compensation. Collaborate with organizations or advocates specializing in anti-trafficking efforts.



Reach out to helplines and support services: Utilize helplines and organizations dedicated to supporting people who are facing a challenging time in their lives.

Remember, these recommendations are general in nature, and seeking professional help from experts in scam recovery and mental health is crucial.