



Response to the Car Crash Incident Outside Lucky Plaza Mall on 29 December 2019

The Archdiocesan Commission for the Pastoral Care of Migrants & Itinerant People (ACMI) is deeply saddened by the death of two Filipinos and injury to the four other Filipinos during the tragic accident at Lucky Plaza Mall on 29 December 2019. We are united in our prayers with the families and persons who have been affected and pray for the quick and complete recovery of those still recuperating from their injuries.

We are aware the emotional grief and psychological shock experienced by those recovering, as well as the families and close friends of the victims might not be so easily healed.

Thus, ACMI in collaboration with Clarity Singapore would like to extend the availability of spiritual and psychological help in support of the victims, families and friends who have been affected by this tragic accident. If you have been affected by the accident, kindly refer to Page 2 of this statement for more information on seeking support after experiencing or witnessing such a traumatic event.

If you need advice or are experiencing any of the symptoms presented on Page 2, please contact:

1. ACMI Helpline
9188 9162

2. Clarity Singapore
6757 7990

Mon and Fri : 8.30am - 5.30pm
Tue - Thurs : 9.00am – 6.00pm
Lunch Break : 12.30pm - 1.30pm



Sunday Eucharist organised by ACMI

With intentions for the healing of those affected by the Lucky Plaza accident. All are welcome.

Date: 19 January 2020, Sunday

Time: 3pm

Location: Agape Village, 7A Lor 8 Toa Payoh, Singapore 319264, Level 1 Hall

*Due to limited parking capacity, we advise the public to use public transport to get to the location.

Vivienne Wee

Vivienne Wee, Chairman ACMI

Traumatic Events and Symptoms by Clarity Singapore

For most of the observers, the traumatic stress that occurs when witnessing the unfortunate and sudden accident would settle within a month and life routines would return to normal functioning. However, traumatic stress may be prolonged for persons who were:

- observers who had directly witnessed the experience as a life-threatening situation for themselves.
- close friends or family members of those affected by the accident.

Early symptoms of traumatic stress would include some psychological distress to cues that symbolise or resemble the traumatic event coupled with physiological reactions for example hearing the sound of screeching brakes whilst they are walking on a pavement may trigger sudden anxieties and induce a panic attack. A hypervigilant state which disrupts sleep and appetite, increased negative thoughts/feelings, irrational behaviours and irritability, avoidance of places and environments that remind the person of the traumatic event. Prolonged symptoms and avoidance can lead to Posttraumatic Stress Disorders (PTSD).

Simply put, PTSD is the failure to recover from a traumatic event. Without the proper support and intervention, persons suffering from PTSD will likely present some of the following symptoms:

- Intrusive images and sensations like flashbacks and nightmares of the event, exaggerated startled responses to normal sensory cues.
- Avoidance of external and internal reminders of the event.
- Guilt/self-blame, persistent negative emotions, sleep disturbance, detachment from others/isolation, difficulties in concentration and/or memory lapses of the event.
- A hyper arousal state that leads to irritability, aggression, reckless and self-destructive behaviours.
- Depersonalisation and derealisation states (feeling detached from body, in a dreamlike and distant environment)

It is advisable for those with presenting symptoms to seek support from helpful relationships (family, friends and community support groups) if they are not ready for professional intervention. If possible and willing, professional help through a psychiatrist, psychologist or counsellor should be encouraged for early intervention and personal recovery.