

Steps to Take After a Crash

1. Seek medical care immediately

Even if your injuries did not result in emergency treatment, in the immediate aftermath of a crash, adrenaline can mask pain & make it hard to assess injuries.

2. Follow up with the police

Evidence is key. Follow-up with the police to get a report, ensure all witnesses are interviewed, & security camera footage & photos are captured.

3. Consult with a personal injury attorney

Lawyers provide consultations free of charge & are usually paid on a “contingency” basis, meaning they only get paid if they collect money for you.

4. Contact San Diego County Victim Services

Receive information & help including legal guidance, crisis counseling, & assistance with medical expenses, attorney’s fees, & funeral arrangements: (619)-531-4041

5. Use hospital support services

Just Ask! Services include: patient advocates, social workers & clergy to help understand regulations, insurance requirements, paperwork & self-advocacy. They can also help you to plan for post-hospital care.

6. Get emotional support

Confusion, anxiety & feelings of hopelessness are common. Please get the support you need through community-based clinics, support groups, & individual counselors who offer grief and trauma support.

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7. Do you feel that the location of the crash is dangerous?

Many streets & intersections aren’t as safe as they should be, especially for people walking and biking. The way a street is designed can dramatically reduce the likelihood of a crash. It’s important for the elected official who represents the area where the crash occurred to know about the crash. Reach out to Families for Safe Streets San Diego for guidance on this: sdsafestreets@gmail.com

8. Lean on Families for Safe Streets

Brace yourself. Healing from a crash, holding drivers accountable, and preventing further crashes takes persistence, perseverance & more patience than we’d like. We are a family of people who have been personally affected by a crash and we are here to support each other both individually and in the collective to advocate for safe streets.



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