

What Should I Do?

1. What other family or close friends need to be notified immediately?
2. Begin keeping a record of the incident on a notepad or device, you may want someone else to help you with this.
3. Record your thoughts, questions, and all information you receive. There will be too much information to keep in your memory.
4. Allow others to help you. This can help with your adjustment and healing.
5. Don't hesitate to ask more questions. The more you know, the better you will recover.
6. Contact the funeral home as soon as possible. The phone numbers for funeral homes in Batesville can be found on the back of this pamphlet.
7. Limit your time on social media. Often social media will only add to your distress.
8. Be aware of Critical Incident Stress Aftershock. See more information inside.
9. Our Chaplain is available to help you through this difficult time in your life. Their phone numbers are on the back of this pamphlet. Call anytime.

Important Phone Numbers

Independence County Coroner's Office
870-698-2450

Willis Funeral Service
870-698-1240

Roller – Crouch Funeral Home
870-793-4161

Qualls Batesville Funeral Service
870-793-3831

Doty Southside Funeral Service
870-569-8185

Chaplain,
Batesville Police Department
Pastor Chuck Miller
615-828-9596



**My Loved
One has
Died...**

What Happens Now?



870-569-8111



710 S. St. Louis Street
Batesville, AR 72501

You have just experienced a very traumatic event.

Right now – or soon –you may feel some very strong emotional and physical symptoms of what we call “Critical Incident Stress Aftershock.”

It is very common and, in fact, quite normal for you to experience strong Critical Incident Stress Aftershock after you have passed through an extremely stressful incident. Most often this aftershock will appear within hours or days after the traumatic incident, but in some cases, weeks, months, or even years may pass before aftershock appears. The good news is that most aftershock appears very soon after an incident and typically passes within weeks. It is also important to understand that your life will never be quite the same even once the aftershock has subsided. Over time you will adjust to a “New Normal” without your loved one, but life will never be quite the same as before.

On the next page is a summary list of Critical Incident Stress Aftershock symptoms. Have your family and friends help you watch for these symptoms and take steps to mitigate them. Practice the Helpful Steps for the next few weeks and your aftershock should begin to fade away.

Occasionally, aftershock does not fade away. This may be an indication that therapeutic counseling may be helpful. This doesn’t imply weakness or mental illness. It simply indicates that the aftershock could be too powerful for you to manage on your own. If your aftershock does not begin to lessen in 2 to 3 weeks, do not be embarrassed and do not hesitate to seek therapeutic counseling.

Our Chaplain is here to listen, help, and advise you in regards to your Critical Incident Stress Aftershock. Feel free to contact us at anytime if we can be of assistance to you.

Your Next Important Decision

You will need to select a funeral home and begin making arrangements for when your loved one’s body is released. This should be done as soon as possible. The funeral home you select will arrange to transport your loved one to the funeral home and care for him, or her, when the autopsy is complete.

Critical Incident Stress Aftershock

Any of the following symptoms may indicate Aftershock:

- Extreme, Constant Grieving and/or Crying, for days.
- Persistent Insomnia or Extreme Persistent Fatigue.
- Nightmares and/or Repetitive Bad Dreams.
- Headaches, Dizziness, Mental Confusion.
- Inability to Concentrate and/or Make Decisions.
- Muscle or Joint Pain, Upset Stomach and Bowels.
- Unusual Anger, Fear, Paranoia, or Nervousness.
- Temptation to Overuse Alcohol, or Medications.
- Long Term Loss of Appetite or Overeating.
- Long Term Depressive Thoughts, Words or Actions.
- Withdrawal from Normal Healthy Relationships.
- Unusual Unwillingness to Talk or Communicate.
- Unusual Interest or Lack of Interest in Religion.
- Unusual, Persistent Preoccupation with Death.
- Unusual, Persistent Focus on or Talk of Revenge.
- Any Activity that is Not “Normal” and Persists.

Helpful Steps for Overcoming Aftershock Symptoms:

- Try to maintain a normal routine and schedule.
- Get 8 hours of sleep every night even if not tired.
- Eat balanced, healthy meals. Don’t skip meals.
- Limit eating fast foods to once or twice a week.
- Limit caffeine and alcohol intake. Do not get drunk.
- Exercise, walk, jog or ride your bicycle ever day.
- Get back to work, school, etc., as soon as possible.
- Avoid overusing legitimate medications for pain.
- Do not use marijuana or illegal drugs, ever!
- Hang out regularly with family and friends.
- Do not hide feelings from your spouse, family, etc.
- Allow family, friends, coworkers, to check up on you.
- If religious, maintain regular worship and fellowship.
- Reach out for help if your symptoms do not fade.

The Death Investigation

If your loved one has died suddenly, unusually, unexpectedly, or if medically unexplainable, a thorough investigation may need to be performed to help determine the exact cause of death. Whether your loved one’s death may have been illness related, accidental, or potentially criminal in nature, knowing what caused their death is very important for everyone involved. By Arkansas law, every death must be certified by a Physician, Coroner or Medical Examiner.

The Law Enforcement Investigation

Law Enforcement Personnel are here to act as your advocates in the death of your loved one. They will take control of the death scene in order to do a thorough investigation. They are simply in search of the truth as to what caused your loved one to die. The law requires them to adhere to strict guidelines through the entire process. They will ask questions so you can help them to understand what happened. They may also ask you to do or not do certain things, and they may restrict your movement and contact with others for a short while. You may be asked the same questions several times by several different investigators. This is normal in a death investigation. It does not imply any guilt on your part. You are welcome to ask them questions about the process, but understand that the investigators may not be able to answer all of your questions until after the investigation is complete.

The Coroner’s Investigation

The Coroner works very closely with Law Enforcement Investigators. The Coroner, or Deputy Coroner, represents the State and County at scene of a death. They are trained and required to examine your loved one, take photographs, document the scene, and conduct interviews. The Coroner will determine if an autopsy is warranted and, if so, will oversee the transportation of your loved one to a facility equipped for the autopsy by a Medical Examiner.

The Medical Examiner’s Investigation

The Medical Examiner’s facility is located in Little Rock, Arkansas. It generally takes 24-72 hours to conduct an autopsy depending on the number of autopsies scheduled, weekend, and holidays. Often, if needed, laboratory tests and the results often take substantially longer (up to several weeks) to get back to the Coroner’s office. Visitors are not allowed at the autopsy. Be assured the Medical Examiner’s techniques will not negatively affect how your loved one appears at the funeral home.