

# Advice and Pointers to Help You Easily Handle Being in a Car Accident

Car accidents can be incredibly traumatic, so much so that they can leave you suffering from a longstanding stress disorder in their wake.

If you have been in a car accident, then the best thing that you can do, in this author's opinion, is read the entirety of this page. By knowing what to do in the wake of a car accident, you will set yourself up for a more relaxing time, and hopefully, will be able to avoid the stress and angst that often follows a car accident.

Picture 1 of Advice and Pointers to Help You Easily Handle Being in a Car Accident

In this article, we are going to give you some advice and pointers to help you easily handle being in a car accident, whether it be a serious one or one that is not. The advice can often be all you need to get onto the road to recovery.

Here is some advice and pointers to help you easily handle being in a car accident.

## Phone an Ambulance or the Police

Immediately in the wake of the accident, you need to call the police or an ambulance (assuming the accident is serious). It is worth contacting the police in many cases, especially if the car accident was caused by the other driver and they are displaying signs of intoxication. In a serious car accident, you cannot possibly tell the condition of the person in the other car, and in most cases, it is unsafe for you to get out of your car, so you should call an ambulance. You could be suffering from whiplash, which if you get out and stand up, could be made worse.

## Keep Yourself Safe

More important than anything, you need to keep yourself safe. So, as we said, stay in the car and keep your back straight. If however, your car is smoking or displaying any signs that are concerning, then you must get out of the vehicle. Only stay in the car if your car does not appear to have anything wrong with it beyond obvious cosmetic damages because of being in a car accident. Make sure you do contact an ambulance or the police though, just to make sure both you and the other person are safe.

## Exchange Insurance Information

For rather minor crashes in which nobody has been hurt and there have only been small amounts of damage to both cars, then you should exchange insurance information and contact one another's insurance providers. In

insignificant crashes, there is very little benefit to pursuing a court case, because it will likely cost more to go to court than you would even receive from the court. Exchange insurance information with the driver either way so you have the other person's details, with all of that said.

Picture 2 of Advice and Pointers to Help You Easily Handle Being in a Car Accident

## Contact an Attorney

Conversely, if the accident was serious and you have been seriously hurt, then you need to contact an attorney. The trained legal specialists from <https://www.brookslawgroup.com/tampa/car-accident-lawyer/what-to-do-after-a-car-accident/> stress in a similar article how disorientating a car accident can be, and this is a sentiment we share here too. In the wake of a car accident, you can become incredibly stressed out, confused, and unable to figure out what the best course of action is. In a serious accident, an attorney is that course of action, and an attorney is your best chance at justice.

## Pursuing Legal Action

When you have chosen an attorney, you will ideally begin pursuing legal action against the party responsible for the car accident. You may, if the party is a big company, receive an out-of-court settlement, which can be a great way to get compensation without ever having gone to court. Your attorney will be the one to brief you on everything you need to know and walk you through the court case. There are lots of practitioners out there like family lawyers and criminal defense attorneys, so make sure to hire a legal counsel that specializes in this specific field of law. You've got enough to deal with, leave this part to the professionals.

## Counseling

While dealing with a court case, things can become incredibly difficult to manage, especially when you are still experiencing anxiety and trauma from your car accident. We wholeheartedly recommend that you pursue counseling and seek help from a trained therapist or counselor. Counseling can give you a window to air out your stress and anxiety and can give you a place to be safe and relax. Counselling has been incredibly beneficial for thousands of other people who have been in serious car accidents, and we are confident that it could be beneficial for you too.

Car accidents can change a person's life – they are incredibly severe and thus must be treated as so. It can be difficult to tell you exactly what to do in the wake of a car accident, because every case differs, though we hope this article has provided a sort of blueprint for you to follow.

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