

Tips to Claim Emotional Distress After a Crash

1. Understanding Emotional Distress After a Car Accident

After a car accident, it's common to experience emotional and psychological symptoms. They can range from mild anxiety and fear of driving again to more severe conditions like PTSD. While these conditions may not be as visible as broken bones or cuts, they can cut into your quality of life.



2. Types of Emotional Distress Claims

When you file an emotional distress claim, there are typically two main types of damages you can claim: Intentional Infliction of Emotional Distress (IIED), this occurs when someone intentionally acts in a way that causes you emotional distress. Negligent Infliction of Emotional Distress (NIED) is filed far more often. It constitutes emotional distress caused by the negligence of another driver.

3. Proving Emotional Distress in Your Claim

One of the challenges of filing a claim for emotional distress after a car accident is proving that the distress is real and directly caused by the accident. Because emotional injuries are not often visible, insurance companies often try to dismiss or downplay them. Here's how you can strengthen your claim: medical records, personal testimony, and witness testimony.



4. The Role of an Attorney in Your Claim

While it's possible to file an emotional distress claim on your own, it's highly recommended to work with an experienced personal injury attorney. An attorney will help you understand the value of your emotional distress claim and how to present it. Work with medical professionals to compile evidence of your emotional injuries.

5. Compensation for Emotional Distress

The compensation you receive for emotional distress can vary widely depending on the specifics of your case. This includes the severity of your emotional injuries, the length of your recovery, and the impact it has had on your life. While each case is unique, compensation may cover medical bills for treatment related to your emotional distress, lost wages, pain and suffering.



6. Act Quickly

In Nevada, there is a statute of limitations for filing car accident claims. The clock starts ticking from the date of the accident and ends two years after the event. Don't wait too long to file, or you'll risk losing your right to seek compensation.

7. Your Rights Matter

If you're experiencing anxiety, depression, or PTSD after a car accident, your emotional well-being is just as important as your physical health. Learn which type of claim to file, gather witness testimonies and other evidence to support your claim, and document your condition. Find a car accident injury attorney to help you at every step.

