

# Trauma

(Bad things that have happened to you).

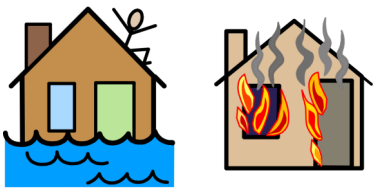


**Trauma is something that has happened to you that made you frightened or really upset.**

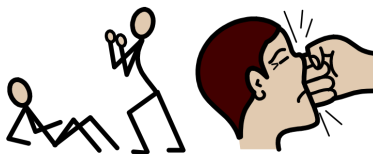
**This can include things like:-**



- Being involved in a serious accident.



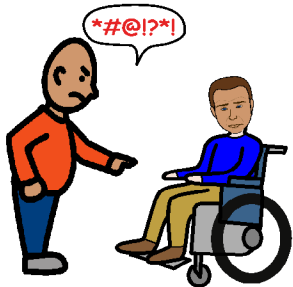
- Being in a flood or a fire.



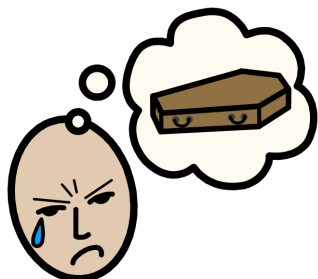
- Being attacked, abused or assaulted.



- Being harmed or threatened with a weapon.



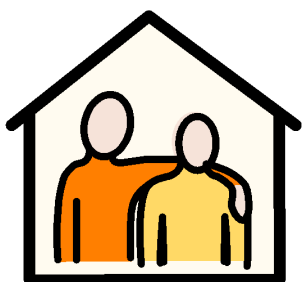
- Being bullied or a target for Hate Crime.



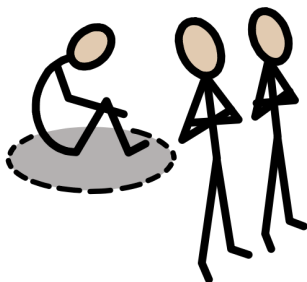
- Someone close to you dying.



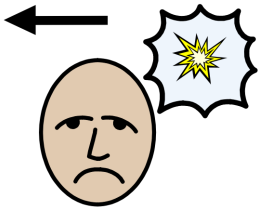
- Becoming very ill.



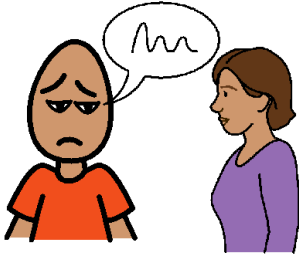
- Being in care.



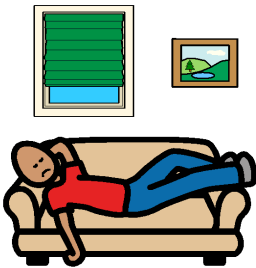
- Being neglected.



**Trauma can affect your mental health,  
even if it happened a long time ago.**



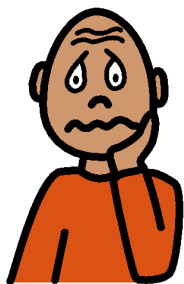
- You might feel sad when you think or talk about what happened.



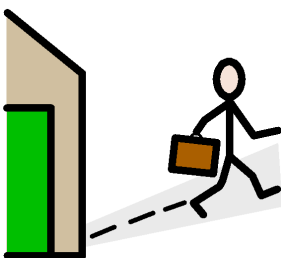
- You might not feel like going out and seeing your friends and family.



- You might have bad dreams or bad memories about what happened.  
(This can be called having a flashback).



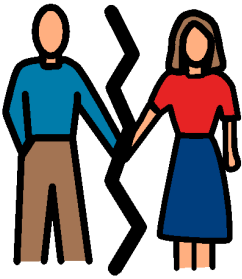
- You might worry that the bad things will happen again or that more bad things will keep happening to you.



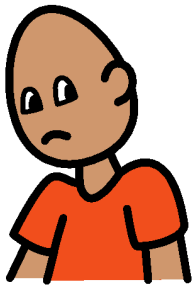
- You might not want to go back to the place that it happened.



- You might feel really angry about what happened.



- You might find it hard to keep relationships because of what happened.



- You might feel guilty or blame yourself for what happened. (Lots of people do this).

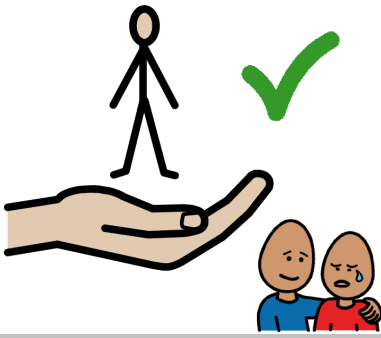


- You may even hurt yourself because of how you feel.



- You might use drugs and alcohol as a way of coping.

**Asking for help when you feel bad is very important.**

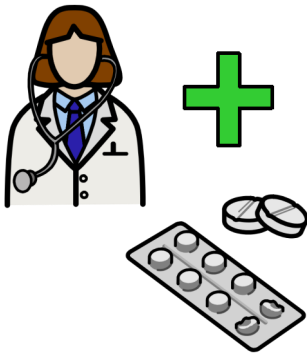


## Support is available.

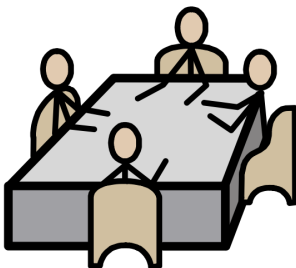
Here are some ways that can help you heal from the Trauma you have suffered:



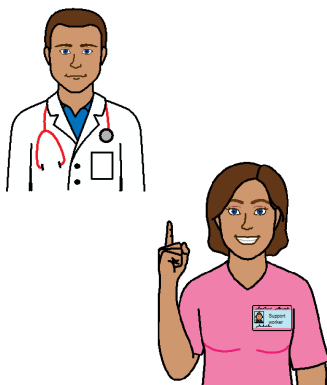
- **Talking Therapy:** Meeting with a caring professional to talk privately about how you feel.



- **Medication:** Your doctor might suggest medication to help you work through your feelings in a safe way.



- **Support groups:** Talking to other people who have also suffered trauma can make you feel less alone.



Your support worker or G.P. can help get the right support for you.

They can give you advice and let you know what other services can help.

**Getting support will help you heal and look forward to your future.**