What is Trauma?

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|  | Trauma feels bad |
|  | It can make you sad or angry |
|  | It can change how you think |
|  | It can make you sick or sore |
|  | Trauma can come when something bad happens |
|  | Like if someone hurts or scares you |
|  | Trauma can happen if someone touches you in a bad way |
|  | Or if someone bullies or abuses you |
|  | Trauma can happen if someone doesn’t look after you |
|  | Or if you think something bad might happen |
|  | When something bad happens, it is normal to feel bad |
|  | Mostly, you will feel better over time |
|  | Trauma can make you feel bad for a long time |
|  | It can stop you doing things you like |
|  | It can make you not want to see people |
|  | It can stop you from feeling things |
|  | It can make you moody |
|  | It can make you drink, smoke or take other drugs |
|  | Getting support is free |
|  | It can help you feel better |