



## What is Trauma?

	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

