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What is Trauma?

Ę	Trauma feels bad
	It can make you sad or angry
	It can change how you think
	It can make you sick or sore
Ę	Trauma can come when something bad happens
2 Wh	Like if someone hurts or scares you

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lug	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
Ę	When something bad happens, it is normal to feel bad
★ ŤŇ	Mostly, you will feel better over time
	Trauma can make you feel bad for a long time

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Ŷ	It can stop you doing things you like
	It can make you not want to see people
$\overline{\times}$	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
Ŷ	It can help you feel better

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