



What is trauma?

Trauma means having strong feelings you may have after a terrible event.

Trauma feels bad. It can make you feel sad, ashamed, guilty, angry or numb. It can change how you think or make you confused. It can mean your body doesn't work as it should. It can change how you act.

Trauma can come when something bad happens – like someone hurt or scared you, or touched you in a way that felt wrong.

Trauma can also come from things like if someone bullies or abuses you, or doesn't look after you.

Sometimes trauma can even come from thinking a bad thing might happen – like losing someone you love.

When something bad happens, it is normal to feel bad. Mostly, you will feel better over time. But trauma can make you feel bad for a really long time. Trauma can make it hard for you to do things you usually do. Sometimes, the bad feeling will surprise you by coming back.

Trauma is different for everyone. It can:

- make you feel helpless
- make you moody
- cut you off from your feelings
- make you feel like you are not yourself
- stop you from doing things you like
- make you push people away
- cause flashbacks
- make you drink, smoke, or take other drugs
- give you headaches or make you feel sick.

Getting support is free and can help you feel better and recover from trauma.