




What is Trauma?



Trauma is a highly threatening or disturbing event, or multiple events. It can cause feelings of fear, horror, helplessness or distress.

Trauma can be a single event or ongoing experiences.





Examples may be...

- Childhood Abuse
- Torture
- A Road Traffic Accident
- Domestic Violence
- Natural Disasters
- Bullying
- Rape or sexual assault
- War or Combat

*This is not an exhaustive list and many other events may be considered as a trauma



Trauma can be experienced:

Directly: by being involved in the event

Witnessing: seeing it happen to someone else

Indirectly: Hearing about it from others.



It can be one time single event
or ongoing/multiple events:

One time event: like a road accident

Ongoing events: such as long term
abuse or repeated violence



Trauma is a personal thing,

Everyone reacts differently to trauma, what may affect one person may not have the same impact on someone else.

There is no right or wrong way to feel.

What's important is understanding how it has affected you and how to help