

WHAT IS TRAUMA?

Trauma happens when something disturbing or scary affects your mind and body. It can come from things like accidents, violence or unsafe situations, and can happen at any age. Everyone reacts differently, and that's okay. Your feelings are real, and it is important to know they are valid.

WHAT ARE THE SIGNS?

-  Feeling scared, sad, or worried a lot, and it becomes hard to manage these feelings.
-  Having disturbing memories or flashbacks, and it might be hard to focus.
-  Feeling moody, irritable, or like you are disconnected from your emotions.
-  Having trouble sleeping, feel tired all the time, having headaches, or have a fast heartbeat.
-  Feeling unsafe or unsure about people or places you used to trust.
-  Staying away from certain people, places, or situations, or use substances to feel better.

WHAT CAN CAUSE TRAUMA?

-  Experiencing violence or abuse, like physical, emotional, or sexual harm, including domestic violence.
-  Being in a serious accident or injury, like a car crash, fall, or other life-threatening event.
-  Going through the loss of a loved one, sudden separation, or the end of an important relationship.
-  Facing natural disasters, like bushfires, floods, or other extreme weather events.
-  Living through big health problems, such as surgery or being sick for a long time.
-  Living through war or being forced to leave home can be very scary and hard, like running from danger, asking for asylum, or not having a safe place to live.

WHAT MIGHT MAKE YOU FEEL BETTER?

-  Breathe deeply or take a short walk to feel calm.
-  Try breathing slowly: in for 4, hold for 4, out for 4.
-  Keep a routine with regular sleep, meals, and daily activities.
-  Be kind to yourself. Healing takes time, and it is okay to have ups and downs.
-  Move your body gently with walking, stretching, or yoga.
-  Talk to someone you trust, write, or create art to express how you feel.

WHEN TO SEEK HELP FROM A HEALTH PROFESSIONAL?

-  Unwanted memories or flashbacks can feel too much to handle and can make you feel very upset or scared.
-  It can feel like the bad experience is happening again, with strong past pictures or feelings.
-  You may feel far away from yourself or the world around you, like everything is happening in a dream or not real.
-  Feelings like fear, sadness, or anger stay for a long time and do not go away.
-  You may stop spending time with people you care about or avoid things you used to like.
-  Daily life feels harder, and it is tough to handle work, school, or your responsibilities.

OTHER SUPPORT SERVICES

-  Lifeline support toolkit - Support services for trauma
-  Childhood educational international - addressing trauma in early years
-  Trauma - Families Australia
-  Blue knot - Resources



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