

Trauma informed care

Understanding mental health and trauma



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Information for service users, families, carers and supporters



A traumatic event is where something really bad happens to you.

These events might make you very frightened and upset at the time. These events could include:



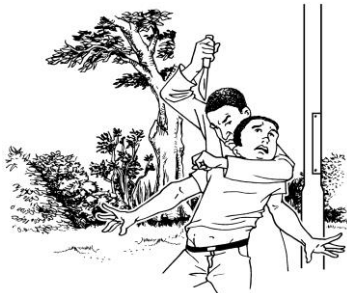
A serious accident



A disaster like a fire or flood



Being beaten up, raped or sexually assaulted



Being threatened with a weapon



Being bullied or targeted



A friend or family member dying suddenly



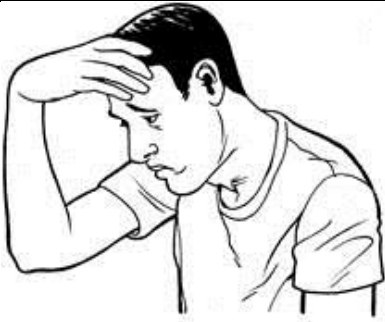
Becoming very poorly



Being neglected

Trauma can impact on your mental health even if it happened a long time ago

	<p>Trauma can make you feel down when you think about what happened.</p>
	<p>You might lose interest in your favourite things.</p>
	<p>Trauma can cause bad memories, dreams or flashbacks.</p>
	<p>You might feel worried about more bad things happening.</p>



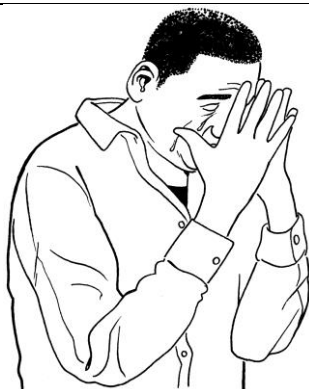
You might stay away from places that remind you of what happened



Trauma might make you feel angry.



This can lead to problems with your relationships.



Lots of people feel guilty or ashamed about what happened.



They might blame themselves even if it wasn't their fault.



You might feel like harming yourself.



You might want to use alcohol or drugs.

Doing these things does not help you get better.

Support



There are different treatments that help like Talking therapy, medication or support groups. Your worker will discuss these with you.

Trauma informed care

Our team wants to and help understand how your trauma affects your life now and use this to help you.

We will try and

- help you to feel safe
- help you cope with your feelings and problems
- understand about trauma and give advice about getting better
- get the right treatment
- use your strengths and think about the future.



01325 522050



This service is available:
Monday-Friday 9am-5pm

If you are unhappy about our services...



Please tell a member of staff.



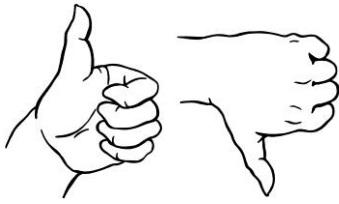
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.



You can tell us by email.

tewv.communications@nhs.net



Or you can telephone the communications team on:

01325 552223