

Trauma informed care

Understanding mental health and trauma



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.

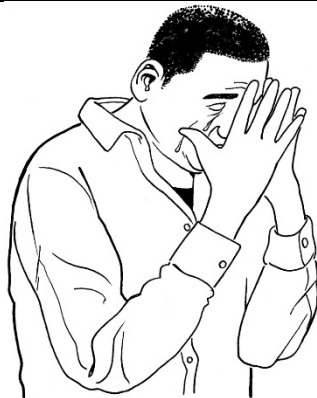


Becoming very poorly.

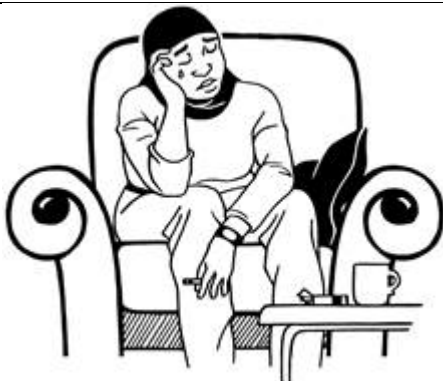


Being neglected.

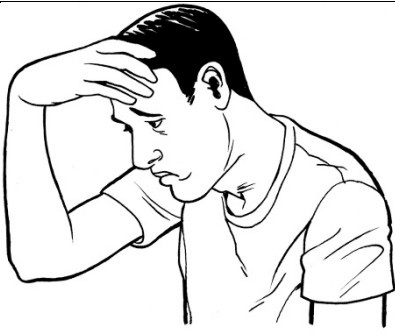
Trauma can impact on your mental health even if it happened a long time ago



Trauma can make you feel down when you think about what happened.



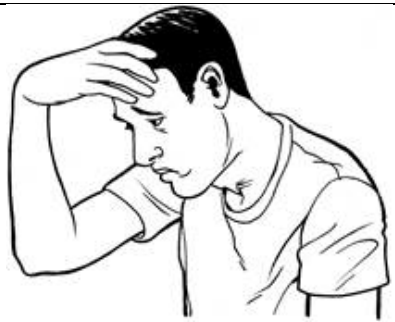
You might lose interest in your favourite things.



Trauma can cause bad memories, dreams or flashbacks.



You might feel worried about more bad things happening.



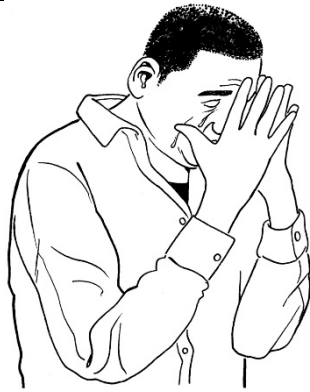
You might stay away from places that remind you of what happened.



Trauma might make you feel angry.



It can make it really hard to trust other people. It can make relationships really tricky.



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 support worker will discuss these with you.

Trauma informed care

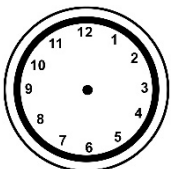
Our team wants to and help understand how your trauma affects your life now and use this to help you.

We will try and

- help you and those around you to understand why you feel the way you do
- help you to find ways to feel safer
- help you to find ways to manage your difficult thoughts and feelings
- help you to access the right kind of support
- help you to think about your strengths and your future.



Psychologist name and telephone number:



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

Please let your care team 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.

Staff can find this information at: Trustwide shared drive > Patient and Carer Information > Trustwide > LD Trustwide information

Patients and carers: go to our website www.tewv.uk and search: Understanding trauma