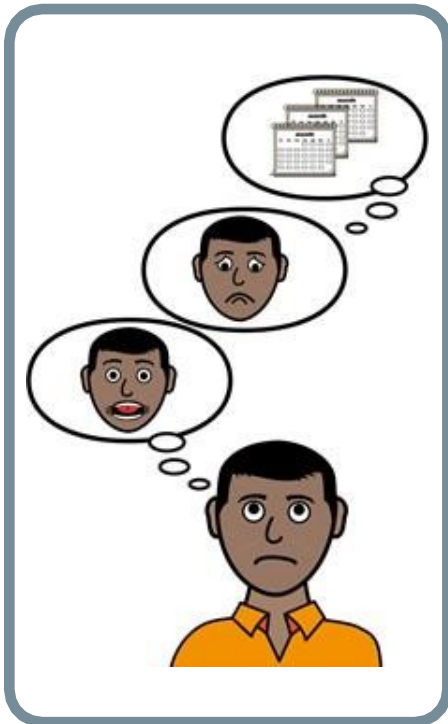


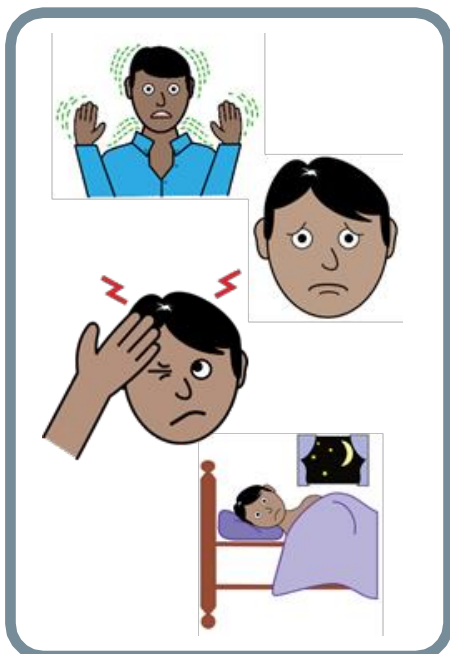


What is trauma?



- Trauma is what happens to your mind and body after a scary event
- A traumatic event is something scary that upsets you a lot
- Something scary could happen to you once or lots of times
- You might only start to feel bad a long time after something scary happens to you
- It might take you a long time to feel better

How could trauma affect you?



- You might feel stressed or anxious or angry
- You might want to avoid some things
- It might be hard to relax
- You might have headaches or pain in your body
- You might have problems sleeping or bad dreams

What could help you?



- Try to get your normal amount of sleep
- Talk to your family and friends about how you feel
- Try and eat healthily and do some exercise
- Spend time in places that make you feel safe and happy
- Write down how you feel or draw what you are thinking
- Remember that it takes time to feel better



For more information about understanding trauma and how we can help you, contact CLDS on

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