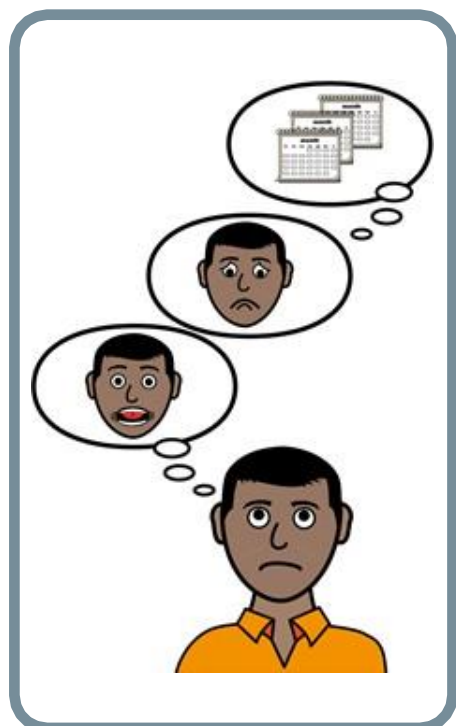


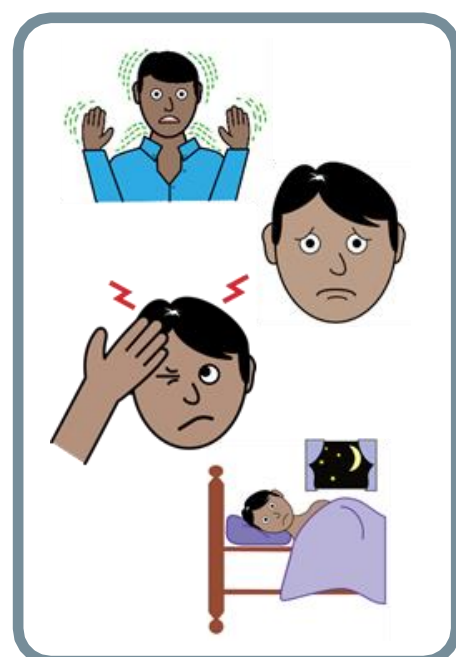
What is Trauma?

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 might 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 might help?

- 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**.



Leeds Mind provides a counselling service.



Tel: **0113 305 5800**

www.leedsmind.org.uk/services/counselling/counselling/



Dial House (Leeds)



Tel: **0113 260 9328**

Text: **07922 249 452**

You can use these numbers to organise a visit or phone call to talk to someone.

If you choose to visit, the people at Dial House will help you get there.

<https://www.lslcs.org.uk/>