

# BLUE KNOT FOUNDATION

## FACT SHEET: Understanding Trauma

### PLAIN ENGLISH



#### **What is trauma?**

Trauma is a bad experience. It can overwhelm you and make it hard to manage

You can experience trauma as a child or as an adult

You can experience trauma one time or lots of times

Lots of different bad experiences can cause trauma

Many people experience trauma

#### **What does trauma do?**

Trauma can hurt you. Trauma can also hurt your family or your friends

Trauma can hurt you when you have the bad experience. Trauma can also hurt you after the bad experience

Trauma hurts people in different ways

It can be hard for you to know that you have experienced trauma

Trauma can hurt your body, your thinking and your feelings.

Trauma can stop your body and brain working together

Trauma can affect your health. Trauma can make you feel bad

Trauma can scare you. Sometimes you may not know what to do

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#### **Healing**

It is good to get help for trauma. Help for trauma can make things better

People can heal from trauma, but it can take time. It is good to get help from other people to help you heal

There are people who can listen to you and help you

#### **Trauma and groups of people**

Trauma can hurt groups of people. Our First Nations people have had a lot of trauma

The trauma of First Nations stopped people connecting with family. It stopped people connecting with the land

Some people experience more trauma than others. Examples are people from other countries, and women and children

**Do you live with disability? Have you experienced abuse, neglect, violence or exploitation?**

**For support for Disability Royal Commission or general support contact our National Counselling & Referral Service (NCRS)**

**1800 421 468**

**9am - 6pm AEST Mon- Fri**

**9am - 5pm AEST Sat, Sun & public holidays**

Blue Knot Helpline **1300 657 380** | [blueknot.org.au](http://blueknot.org.au) | **02 8920 3611** | [admin@blueknot.org.au](mailto:admin@blueknot.org.au)