

Blue Knot Foundation

How trauma can affect you

Easy Read fact sheet



How to use this fact sheet



Blue Knot Foundation wrote this fact sheet.
When you see the word 'we', it means
Blue Knot Foundation.



We wrote this fact sheet in an easy to read way.
We use pictures to explain some ideas.

Normal
Bold

We have written some words in **bold**.
This means the letters are thicker and darker.



We explain what these words mean.
There is a list of these words on page 19.



This Easy Read fact sheet is a summary of
another fact sheet. This means it only includes
the most important ideas.



You can find the other fact sheet on our website at
www.blueknot.org.au



You can ask for help to read this fact sheet.
A friend, family member or support person
may be able to help you.

Support for you



In this fact sheet, we talk about things that might upset some people.



If you get upset and need support, we have services you can contact.



We offer free counselling support to people with disability and trauma.



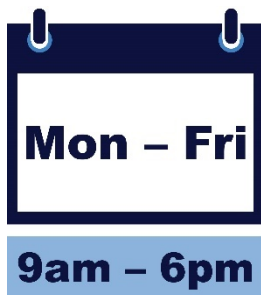
Counselling support is when you:

- talk to someone about how you feel
- talk about ways to help you feel better.



You can contact us by phone.

1800 421 468



We are open every day.

We are open between 9am and 6pm AEST
between Monday and Friday.



We are open between 9am and 5pm
on Saturday and Sunday.



You can also contact us by webchat.

[www.blueknot.org.au/Training-
Services/Counselling-and-Referral-Service](http://www.blueknot.org.au/Training-Services/Counselling-and-Referral-Service)



You can contact us by email

ncrscounsellors@blueknot.org.au

What's in this fact sheet?

What is trauma?	6
Trauma can affect how you think	11
How trauma can affect the way you feel	13
How trauma can affect your body	17
Word list	19
Contact us	22

What is trauma?

Trauma is something bad that happens to you that can make you feel:



- sad



- scared



- stressed



- worried.

Trauma can affect:



- how you think



- how you feel



- your body.

Trauma can happen:



- once
- more than once.



Everyone deals with trauma in different ways.

Childhood trauma



Childhood trauma is when something bad happens to you as a child.

When you experience childhood trauma, it can affect how:



- your brain develops



- you feel about yourself



- you connect with other people.

Complex trauma



Complex trauma is when you experience trauma:

- from other people
- for a long time
- lots of times.



Complex trauma can stop you:

- feeling okay
- being and feeling safe.



Complex trauma can be caused by **sexual abuse**.



Sexual abuse is when someone makes you do sexual things you:

- do not want to do
- are too young to do



Complex trauma can be caused by **emotional abuse**.



Emotional abuse is when someone:

- says mean things to you
- calls you names
- puts you down
- ignores you
- stops you from seeing your friends or family.



Complex trauma can be caused by **violence**.



Violence is when someone hurts you physically.

Trauma can affect how you think

Trauma can make it hard for you to:



- focus



- remember things.

People with childhood trauma can find it hard to:



- learn things



- get a job.

Trauma can make it hard for you to:



- change how you do things



- try new things.

How trauma can affect the way you feel

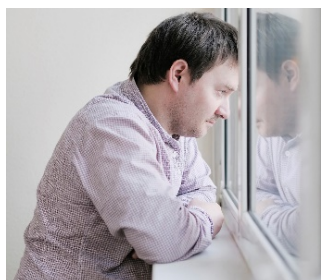
Trauma can make you feel:



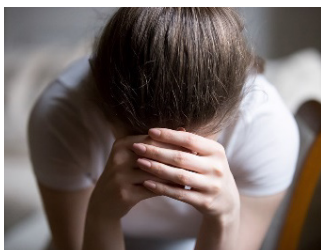
- stressed



- worried



- depressed.



When you are depressed, you feel bad all the time.

Trauma can also make you feel:



- alone



- confused



- like you don't want to talk to other people.



Trauma can make it hard to go to social events.

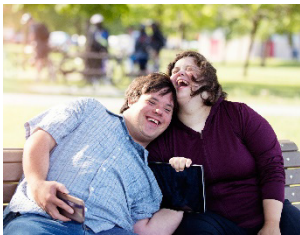
It can also make it hard to:



- connect with people



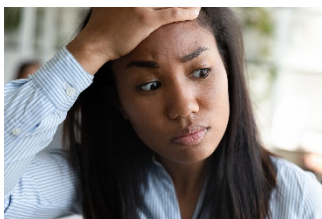
- make new friends



- have a close relationship with someone, like a boyfriend or girlfriend.



It can be hard to talk to someone about your trauma.



You might feel scared that people won't believe you.



You might feel like people have let you down.



It can be hard to trust people.

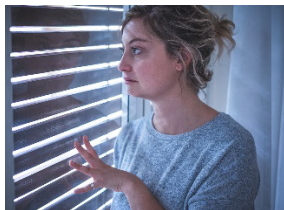


You might feel bad about yourself.

Trauma can also make you feel:



- angry



- scared



- like something is wrong with you.



When you feel this way, it can stop you from getting help.

How trauma can affect your body

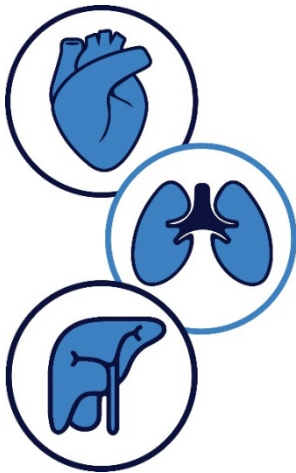
Physical health problems are common as well.



Some people with trauma get headaches.



Some people with trauma get stomach aches.



Sometimes trauma can affect a person's:

- heart
- lungs
- liver.



Trauma can also affect how well your **immune system** works.



Your immune system tries to keep your body healthy.



A person with trauma should see a doctor about their health problems.

Word list

This list explains what the **bold** words in this fact sheet mean.



Childhood trauma

Childhood trauma is when something bad happens to you as a child.



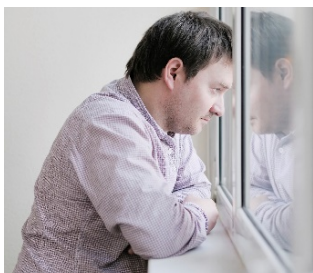
Complex trauma is when you experience trauma:

- from other people
- for a long time
- lots of times.

Counselling support

Counselling support is when you:

- talk to someone about how you feel
- talk about ways to help you feel better.



Depressed

When you are depressed, you feel bad all the time.



Emotional abuse

Emotional abuse is when someone:

- says mean things to you
- calls you names
- puts you down
- ignores you
- stops you from seeing your friends or family.



Immune system

Your immune system tries to keep your body healthy.



Sexual abuse

Sexual abuse is when someone makes you do sexual things you:

- do not want to do
- are too young to do.



Trauma

Trauma is something bad that happens to you that can make you feel:

- sad
- scared
- stressed
- worried.



Violence

Violence is when someone hurts you physically.

Contact us



You can call the National Counselling and Referral Service (Disability).

1800 421 468



You can also send an email to

ncrscounsellors@blueknot.org.au



We are open every day.

We are open between 9am and 6pm AEST between Monday and Friday.



We are open between 9am and 5pm on Saturday and Sunday.



www.blueknot.org.au



The Information Access Group created this Easy Read fact sheet using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit **www.informationaccessgroup.com**. Quote job number 3875-E.