

Understanding Trauma

Blue Knot Foundation fact sheet to help you understand trauma

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.

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.

If you or someone you support lives with disability and experiences of violence, abuse, neglect or exploitation OR is affected by the Disability Royal Commission, you can call the **National Counselling and Referral Service on 1800 421 458** between 9am and 6pm AEST Monday to Friday and between 9am and 5pm AEST Saturdays, Sundays and public holidays.

If you or someone you support has experiences of childhood trauma or is considering the National Redress Scheme, you can call the **Blue Knot Helpline and Redress Support Service on 1300 657 380** between 9am and 5pm Monday to Sunday AEST.

