

DO I NEED HELP FOR TRAUMA?

WHAT IS TRAUMA?

Individual trauma is an event or circumstance resulting in physical harm, emotional harm, and/or life-threatening harm. It has lasting adverse effects on the individual's mental, physical, emotional, social, and/or spiritual health.

Types of Trauma



Acute trauma

Results from a single incident.



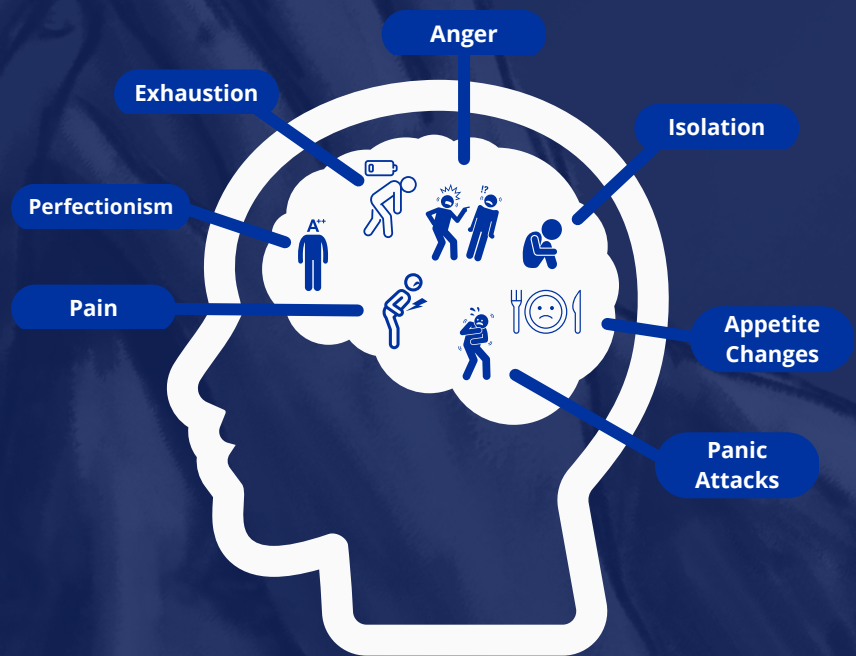
Chronic trauma

Is repeated and prolonged, such as domestic violence or abuse.



Complex trauma

Is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.



**TRAUMA CAN
AFFECT ANYONE.**

THERE IS HOPE.

Changing environments, such as coming to college, can adjust what coping mechanisms you have to lean on. This can highlight symptoms of trauma from your past experiences.

If you are a UK student experiencing signs of trauma, contact TRACS at 859-218-YouK or visit their website at <https://studentsuccess.uky.edu/get-help>.

If you are a part of the general public experiencing a mental health crisis, dial 988 for the suicide and crisis lifeline.

For more information on behavioral health services, visit <https://bhwell.uky.edu>

References:

- 1.Trauma and violence. SAMHSA. (n.d.). Retrieved October 3, 2022, from <https://www.samhsa.gov/trauma-violence>
- 2.Trauma-informed care. Trauma-Informed Care | Early Connections. (n.d.). Retrieved October 3, 2022, from <https://earlyconnections.mo.gov/professionals/trauma-informed-care>

