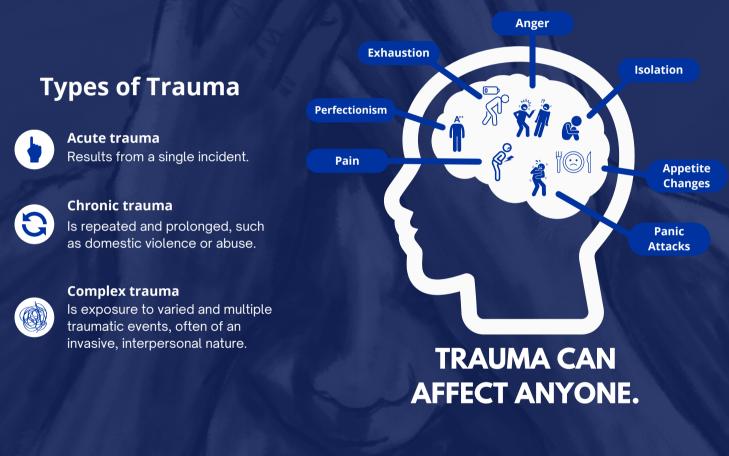
## **DO I NEED HELP FOR TRAUMA?**

## 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.



## THERE IS HOPE.

If you or someone you love may be experiencing signs of trauma, contact the UK Center for Support and Intervention at (859) 257-3755 or https://www.uky.edu/concern

For more information on behavioral health resources, 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

2. Irauma-Informed care. Irauma-Informed Care | Early Connections. (n.d.). Retrieved October 3,

https://earlyconnections.mo.gov/professionals/trauma-informed-care