

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.



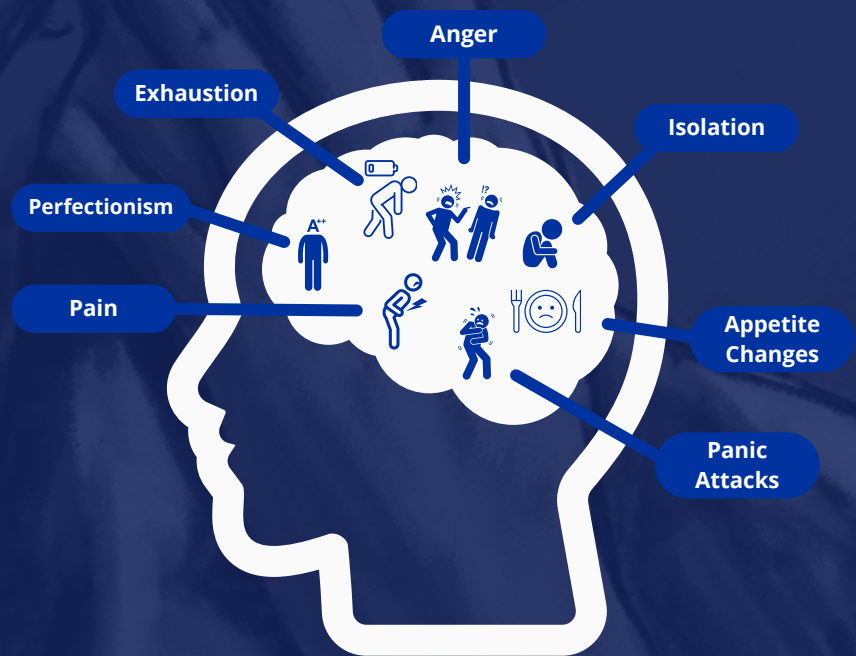
Chronic trauma

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.

If you or someone you love may be experiencing signs of trauma, call or text 988 (the Suicide & Crisis Lifeline) or dial 800-662-HELP (4357).

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

